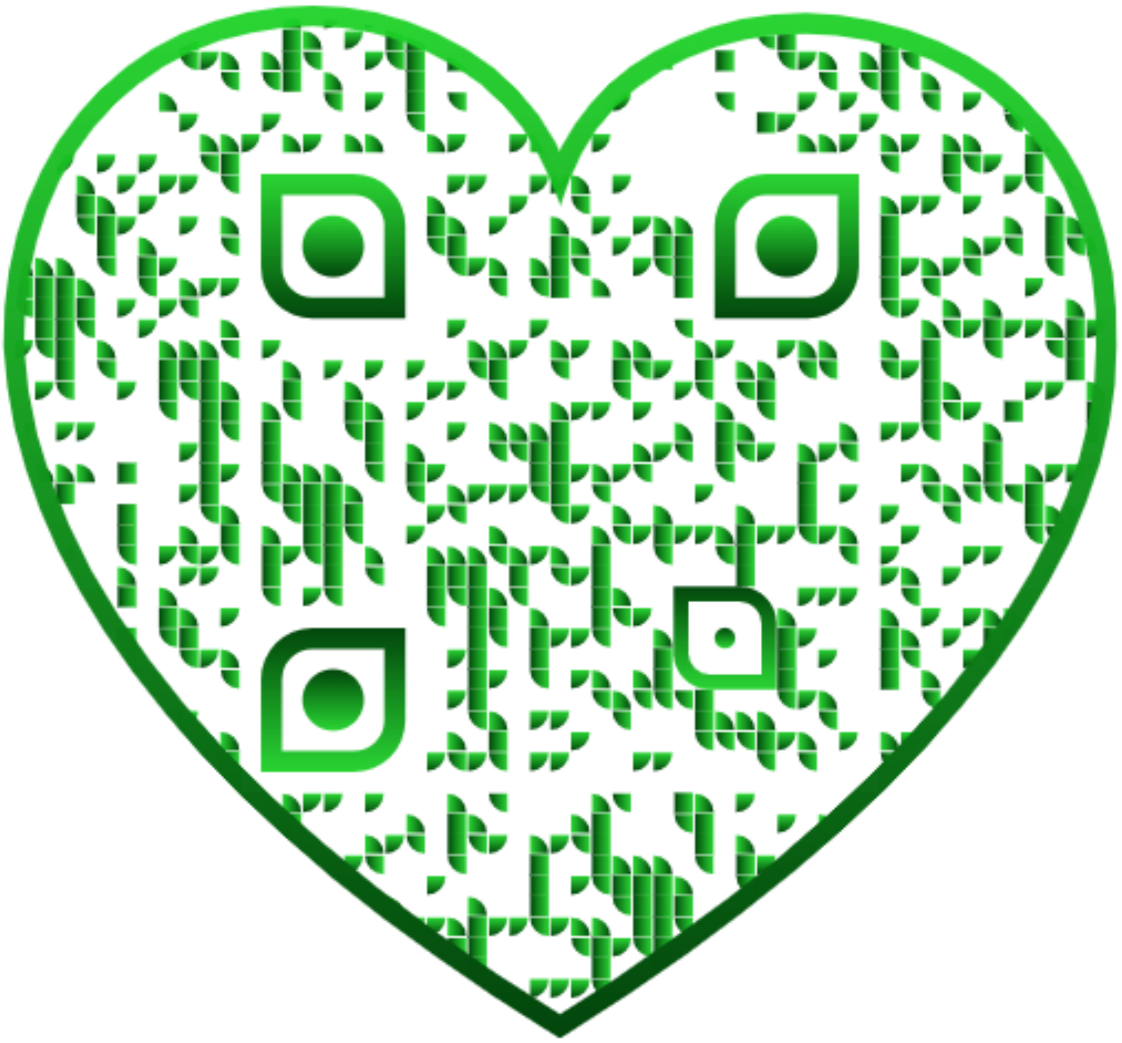
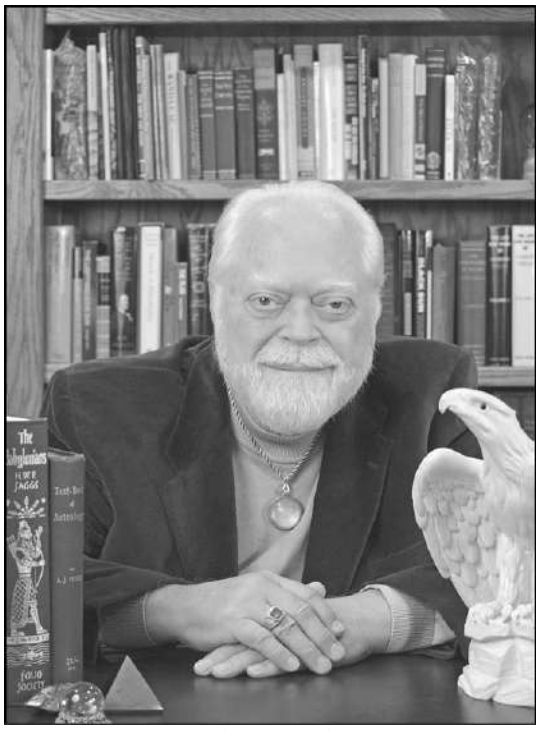
A PERSONAL EMPOWERMENT BOOK

ASTRAL PROJECTION FOR PSYCHIC EMPOWERMENT

The Out-of-Body Experience, Astral Powers, and their Practical Application

CARL LLEWELLYN WESCHCKE
JOE H. SLATE, PH.D.





Lisa Novak

Carl Llewellyn Weschcke is Chairman of Llewellyn Worldwide, Ltd., one of the oldest and largest publishers of New Age, Metaphysical, Self-Help, and Spirituality books in the world. He has a Bachelor of Science degree in Business Administration (Babson), studied Law (LaSalle Extension University), advanced academic work toward a doctorate in Philosophy (University of Minnesota), has a certificate in clinical hypnosis, and honorary recognitions in divinity and magical philosophy.

He is a lifelong student of a broad range of metaphysical, spiritual, and psychological subjects, and variously studied with the Rosicrucian Order and the Society of the Inner Light. After corresponding with Gerald Gardner and several of his associates in the late 1950s and early 1960s, he became known for holding the "Weschcke Documents," including a carbon copy of Gardner's own Book of Shadows.

He is a former Wiccan High Priest, and played a leading role in the rise of Wicca and Neo-Paganism during the 1960s and 1970s.

Author Donald Michael Kraig has referred to him as "the Father of the New Age" because of his early and aggressive public sponsorship of new understanding of old occult subjects. In the fall of 1973, Weschcke helped organize the Council of American Witches and became its chairperson. Weschcke rightfully prides himself on having drafted "The Thirteen Principles of Belief" Statement, one of the cornerstones of modern Wicca. This document went on to be incorporated into the US Army's handbook for chaplains.

While no longer active in the Craft, he retains ties to the Wiccan and Neo-Pagan communities through Llewellyn. He was also, for a time, Grandmaster of Aurum Solis, an international magical order founded in Great Britain in 1897. He withdrew from the order in 1991, and is not actively affiliated with any group at the present time.

Still actively associated with Llewellyn, he is devoting more time to studies and practical research in parapsychology, quantum theory, Kabbalah, self-hypnosis, psychology, Tantra, Taoism, Tarot, Astrology, Shamanism, Wicca, Magick, and World Spirituality. He is also actively writing, and has coauthored four books with Dr. Joe Slate (Psychic Empowerment for Everyone, Self-Empowerment through Self-Hypnosis, Self-Empowerment & Your Subconscious Mind and Llewellyn's Complete Book of Psychic Empowerment) and a new edition with commentary of The Compete Magick Curriculum of the Secret Order G.·.B.·.G.·., originally authored by Louis Culling in 1969. He and Dr. Slate are planning several more coauthored projects.

Warren H. McLemore

Joe H. Slate holds a Ph.D. from the University of Alabama, with post-doctoral studies at the University of California. Dr. Slate was appointed Professor Emeritus in 1992, after having served as Professor of Psychology, Head of the Division of Behavioral Sciences, and Director of Institutional Effectiveness at Athens State University in Alabama. He is an Honorary Professor at Montevallo University and former Adjunct Professor at Forest Institute of Professional Psychology. Dr. Slate is a licensed psychologist and member of the American Psychological Association. He is listed in the National Register of Health Service Providers in Psychology and the Prescribing Psychologist's Register.

As head of Athens State University Psychology Department and Director of Institutional Effectiveness, he established the University's parapsychology research laboratory and introduced experimental parapsychology, biofeedback, hypnosis, and self-hypnosis into the instructional and research programs. His research includes projects for the US Army Missile Research and Development Command, the Parapsychology Foundation of New

York, and numerous private sources. He is founder of the International Parapsychology Research Institute and Foundation (PRIF) which, in addition to sponsoring research, has endowed a scholarship program in perpetuity at Athens State University.

His official research topics have included: Rejuvenation, health and fitness, the human aura, psychotherapy, reincarnation, precognition, retrocognition, telepathy, clairvoyance, psychokinesis, objectology, numerology, astral projection, sand reading, crystal gazing, dowsing, dreams, the wrinkled sheet, table tipping, discarnate interactions, psychic vampires, hypnosis, self-hypnosis, age regression, past-life regression, the afterlife, preexistence, the peak experience, natural resources, learning, problem solving, and the subconscious, to list but a few.

He established the Dr. Joe H. and Rachel Slate Scholarship at the University of Alabama (Tuscaloosa), and the Dr. Joe H. and Rachel Slate Scholarship for the Arts at Athens State University. Each scholarship exists in perpetuity and is awarded annually to students who need financial assistance.

Dr. Slate has appeared on several radio and television shows, including Strange Universe, the History Channel, and Sightings.

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DESCRIPTIVE TABLE OF CONTENTS

ILLUSTRATIONS AND PHOTOGRAPHS
CHARTS, LISTS, AND TABLES
PROGRAMS, EXERCISES, AND PROCEDURES
CASE AND LABORATORY STUDIES

FOREWORD—WHY ASTRAL PROJECT?

Why Astral Project? Because reality is not only far more complex than ever thought but includes far greater potentials yet to be realized. The astral is our doorway to greatness, but to become more than we are we have also to realize that we actually are more than we think we are. To bring that greatness to realization requires that we make conscious what is unconscious.

We evolve from living unconsciously within a mythical worldview to consciously using the symbols and archetypal figures of myth to explore and understand our apparent real world, and then pushing the boundaries of the apparent reality to discover the deeper laws beyond the physical world.

Contents include: 7 primary Interests in astral projection; a permeable container of space and consciousness; the new science of parapsychology; many bodies, one life—many lives, one soul; making conscious things that are currently unconscious; 28 reasons to astral project; 23 applications of astral projection; 6 reasons more people don't want to astral project.

INTRODUCTION—QUANTUM THEORY & THE NEW SCIENCE OF PARAPSYCHOLOGY

Quantum Theory is the foundation for the New Science of the Paranormal bridging the ancient wisdom, paranormal phenomena, and newly revealed scientific and psychic frontiers to bring sense to strangeness and understanding to magick in a personal spiritual technology that can become everyone's life-journey.

Contents include: quantum theory & magick; quantum theory & "strangeness"; quantum theory and where the astral starts; astral projection: gateway to astral worlds; astral "muscles"; astral projection and thought forms; astral love, sex and magick; a magickal, spiritual and practical journey; scientific & psychic frontiers.

CHAPTER ONE—ONE SOUL, MANY BODIES

Reincarnation is the system basis of individual growth and species evolution. It applies to nearly everyone, but a few individuals do undertake responsibility for their own personal growth and evolution, and have developed their interests into practical programs of accelerated spiritual technology that can be individually adapted for everyone. The personality is only one chapter in the biography of the evolving soul.

Astral Projection is one of the major keys to psychic development for spiritual growth and self-empowerment and the most important single developmental opportunity at this critical time.

Contents include: soul spirit: different words, different meanings; our permeable container of

space and consciousness; diagrams showing elements of consciousness & the nonphysical bodies of the psyche, and the auric egg of many subtle bodies; the mind is not the brain; consciousness moves with focus; nonphysical bodies are vehicles of consciousness; awareness and unawareness within the field of consciousness; to become more than you are, you must become more aware; move on into a New Age of expanding consciousness; planes and bodies are distinguished by vibrations, energy and substance; the astral plane is our new frontier; chart of the seven planes and seven bodies; the human aura and the astral body.

CHAPTER TWO–SEEING THE UNSEEN

The aura has been called the Magical Mirror of the Universe and the Sphere of Sensation. You can easily learn to see the aura and interpret it for health & healing benefits. Aura viewing develops your inner clairvoyance and perceiving the astral body as a major field of the aura is a step toward projection of the astral body. The aura is not physical and the astral body is not physical. It is through training in Visualization and understanding that a trained Imagination turns fantasy into practical reality.

Contents include: the aura: what it isn't and what it is; the aura is NOT physical; the importance of developing awareness of subtleties and observing details; Man vs. Machine: aura goggles and cameras; visualization is a powerful stimulus to the psychic faculty; developing the psychic sensitivity of the brow chakra; auras: see them in only 60 seconds; step-by-step procedures for aura seeing, for seeing your own aura, for the practice of tratak, for stimulating the brow chakra through sound, for aura reading and interpretation; tables of chakra names, colors, associated planets and tattwas, aura colors, locations, and meanings, factors in interpreting the aura, shapes and elements to be seen in the aura, and functions of the aura system.

CHAPTER THREE–ASTRAL PROJECTION FOR GROWTH & EMPOWERMENT

The astral world's "reality" transcends that of the physical world. The astral world has four dimensions, and the substance of the astral world is emotion. We explore the nature of the emotional world, and the complexity of the next plane "upward," the mental world. The mental and astral worlds power downward to affect the physical while the physical powers upward to affect the astral and mental. This is important to our ability to take control of our destiny.

Contents include: the out-of-body experience: liberating and transforming; raising consciousness to higher levels; the silver cord; mind over matter—spirit over body; Psychokinesis and mind power; consciousness over physiology—hypnosis, self-hypnosis and trance states; OBEs facilitate and stimulate psychic powers; astral projection is the next step in your evolutionary development.

CHAPTER FOUR–SPONTANEOUS VS. INDUCED ASTRAL PROJECTION

The out-of-body experience empowers us to reach beyond physical limitations to new resources and sources of knowledge, and to increased skills. Instead of passive observers, and victims, we become actors on multiple levels of consciousness and being. The out-of-body ability is innate and natural, but must be developed just like other natural powers.

Spontaneous OBEs during sleep can become a valuable resource of fully conscious living.

Contents include: astral projection pioneers; case studies showing practical applications of astral projection, including attorney out-of-body visit to court room, a "celestial classroom," physics

study, student's law firm visit, OBEs in learning, healing, grief resolution, psychological therapy; and pre-sleep steps to out-of-body learning.

CHAPTER FIVE—OBES IN THE LABORATORY

Science challenges the unknown through studies of the out-of-body Experience (OBE) and using electrophotography to demonstrate relevant differences in consciousness states.

Contents include lab studies of OBEs and electrophotography, OBEs and broken corona effect, the electrophotographic signature, remote-image phenomenon, OBEs and the alcohol container, OBEs and the jade horses, OBEs and model train, sleep Induced OBEs, sleep Induced transitional travel, induced OBEs and painting of man on horse, OBEs and precognition, OBEs and precognition (psi span project); case studies of positive OBE interventions during male falling, female auto accident, female animal rights observation; analyses of successful self-induced OBEs, spontaneous vs. induced OBEs, OBEs and the near-death experience (NDE), induced OBEs—the effects of past experience; Illustrations and photographs of finger orientation and pressure control device, broken-corona effect on 21-year-old male subject, broken corona effect on 19-year-old female subject, remote-image phenomena; charts showing empowering significance of spontaneous OBEs rating scale, and psi span strategies and precognitive performance analysis; self-induced OBEs and their benefits—questionnaire, NDEs and OBEs study—interview guide; out-of-body state distinguished from other altered states; out-of-body extrasensory perception; physiology of the out-of-body experience; sleep and the out-of-body experience; inducing and managing OBEs during sleep, and procedure for pre-sleep preparation for astral travel; benefits of OBEs—Described; precognition and the out-of-body experience.

CHAPTER SIX—OBES & PSYCHOKINESIS

Psychokinesis (PK) is—simply—the changing of material reality through Mind Power. While poltergeist activity produces generally spontaneous PK phenomena, our interest is in astral projection in relation to goal pre-determined PK activity. Strangely, however, our studies show that even spontaneous PK often demonstrates goal focus as in examples of accident prevention, personal protection, and extraordinary feats in emergency situations.

Our studies show that the PK faculty, like other psychic faculties, is liberated and energized by the out-of-body state—including those that are spontaneous. The explanation is that the power to influence material reality originates in the astral body, transferring energy through mental and emotional focus to produce the desired change.

Contents include: out-of-body PK interaction; PK in health, healing, and rejuvenation; Astral PK and PK channeling; the PK pool-of-power and procedure; fortifying the immune system, accelerating natural healing processes and recovery from injuries; PK energy-channeling and the emerald: gem of youth to slow the aging process; The astral matrix of the physical body; astral PK procedure; The PK energy-channeling procedure.

CHAPTER SEVEN—OBES, SLEEP & DREAMING

Sleep not only occupies about a third of our adult lives, but is essential to physical and emotional health. But sleep is also a time of dreaming, and dreams, too, serve several functions. Sleep also is conducive to spontaneous and induced OBEs specifically programmed for goal accomplishment.

In this chapter we see the value of case histories in developing astral projection procedures as we probe for a deeper understanding of astral and mental states of consciousness and their role in goal fulfillment.

Contents include sleep and spontaneous OBEs, and their role in goal realization; case studies of

OBEs during sleep, including couples' shared experiences, interaction with the deceased, academic, healing experiences, finding lost objects; sleep-induced OBE transitional travel and goal realization; sleep-induced OBE transitional travel—procedure; the new astral flow program; astral flow sleep arrest—procedure; OBEs and their holistic effect on our total well-being.

CHAPTER EIGHT – INDUCING & GUIDING ASTRAL PROJECTION

Self-induced astral projection is purpose-driven and guided toward goal accomplishments that are, in turn, empowering. As the next step in your evolving consciousness the resultant gains in knowledge and experience are integrated into the whole person you are becoming. Becoming more than you are requires commitment and intention to learn and grow, and willingness to continuously reexamine the basic nature of our being.

We are pioneers in the new science of paranormal study, pushing against the rigidity and limitations of old belief systems as we expand our awareness and comprehension of new experience and new vision.

Contents include: developing induction and guidance skills; alternative techniques for individual needs; self-guidance skills to focus on goals; interaction with inner plane teachers, guides, and guardians; prerequisites for successful OBEs: peaceful mental state, relevant mental imagery, positive self-affirmation, awareness of astral resources; preparatory exercises: candle meditation, moon view, in-body travel, creative motion; procedural guidelines for successful OBEs: disengagement, destination, interaction. re-engagement; positive astral energy shielding; step-by-step procedures for astral projection programs: astral projection program: OBEs levitation, astral walk, mirror image, and astral surfing.

CHAPTER NINE – ASTRAL PROJECTION & ASTRAL POWERS

What we see is not always what is, and what we think can change what is and what we see. "Consensus reality" is the source of illusion, and the study of consciousness is truly the final frontier. We can change reality, but it may never be the ultimate reality until we merge into the one source. The problem of belief built upon old models transformed by new models.

We grow as we expand our awareness and learn to center consciousness at higher levels. We can only become more than we are by changing who we are. As we change, reality changes through consensus—hence the importance of our publication and communication of our new knowledge.

Psychic powers are expansions of conscious awareness, but some also involve training and development of the higher levels of the etheric body to sense particular ranges of energies defined by their vibratory rate and to bring about change at the physical level. Astral projection is critical to psychic development as consciousness is separated from physiology.

Contents include an illustration of 49 dimensions (planes) as a globe; procedures for astral telepathy, astral sweep, personal expose, and cosmic expose; active and passive astral powers—magick and divination; do we have a definite astral body? maybe yes, maybe no; illusion or reality: does it change anything? can we change "reality"?—yes, we can! defined by our belief system; psychic empowerment; etheric body: gateway to higher planes and the great secret.

CHAPTER TEN – ASTRAL PROJECTION & PSYCHOTHERAPY

The master therapist is your own inner higher self, which is here accessed through astral projection as a simple and direct program of empowerment. The therapeutic possibilities in self-directed astral projection are just starting to be explored, but their implications for healing and growth are enormous. Case studies are reviewed relating to stress management, overcoming fears, and alleviation of phobias.

Contents includes: studies of spontaneous astral therapies to overcome fear of heights, claustrophobia, and fear of darkness; self-induced astral plane therapy and couple's therapy, astral past-life regression to release traumas, astral gender interchange to resolve sexual dysfunction and inhibitions; achieving feminine/masculine balance; fertility enhancement; and reinvigorating your master plan and life purpose.

CHAPTER TEN ½—ASTRAL LOVE, SEX & MAGICK

10 ½? More than a perfect ten. For women only? Sex magick is no longer only a "man's game" but now recognizes the more powerful feminine role and the real healing energy in sexual play. We start with love—love is the law; love under will, and explore the "rules of engagement" that are different for each: love, sex and magick. For a woman, there's more to it—and it is that "more" that men too can have that is the foundation of the new understanding of wholeness in sexuality.

Two underlying principles: (1) Emotional reality: the substance (matter) of the astral plane, of its energies and "operating system," is emotion. Whenever and however we experience what we know as emotion (feeling, love, desire, affection, ambition, gratitude, etc.) our astral body and the astral world are the field of action. (2) Interconnectedness: anything that happens on the astral plane manifests (in some manner) on the physical plane, and everything done on the physical plane is reproduced (in some manner) on the astral plane. Nothing happens in isolation, and everything (and everyone) is connected and related (in some manner) to all things and all beings everywhere and in every dimension. These principles are basic to understanding astral love, sex and magick, and to deploying the power and glory of sex in magick, in healing, and in success in any endeavor.

Emotion, and most particularly love, is the strongest engagement we normally have with the astral world, and until we perceive it from the astral perspective and respect the nature of the astral plane's operating system and rules of engagement we fail to engage with the great power and benefits of our astral nature. Emotional problems arise from failure to understand the astral involvement. Sex is always astral, and always filled with magickal potential. Glow with the flow: there's more to orgasm than male ejaculation.

Contents include: sexual programming, romance and courtship, anticipation and planning, imagination and fantasy; every step and detail important for magickal purpose; looking good and feeling good: a woman's game; "date night" sensual choices; magnetic energy and electrical responses; she attracts and he projects; the stage and script: she comes first, her pleasures become his pleasures; the healing power of orgasm, the magickal climax and astral power; Wilhelm Reich, orgone and sexual liberation; health benefits of a regular and active sex life; from physical to astral, from astral to physical: in some other manner; from fetish to fashion to fixation; good sex and astral power; orgasm and astral projection, alone or together; the ecstasy of sustained continuous orgasm without male ejaculation; eroto-comatose lucidity, an astral trance state; sex magick: arousing and deploying astral power through sexual technique; romance, ritual, and magickal purpose; orgasm always produces a Magickal Childe; magickal sex and couple's therapy.

CHAPTER ELEVEN—HIGHER ASTRAL POWERS & HIGHER SOURCES OF KNOWLEDGE

To become more than you are requires that you realize that you are more than you think. You have innate potentials that only need your awareness to become available, and that then can be developed and trained into attributes and useful skills. You have muscles that can be developed and trained; you have a mind that likewise can be developed and trained, and you have astral powers that can be developed and trained. You already have infinite resources that have been culturally denied and even repressed.

You already are more than you thought, but you must turn that "more" into reality with purposeful development and training. That's your life purpose, the reason you are here in this life, now. The responsibility is yours, but the obligation is universal. Growth is a true commandment. This chapter provides programs of self-improvement, psychic development, and self-empowerment, but only you can do the work of becoming more than you are.

Contents include: astral powers basic training program; exercises and training of memory and visualization; the importance of the etheric and of memory; etheric training and the "little system;" the etheric training memory stations procedure; the astral "matrix;" memory is the foundation of the conscious mind; life-giving sunlight and the living light of the Inner planes; advanced astral training programs—the Qabalistic cross, the magic circle, the four elemental winds; creating the body of light and its uses; OBEs and the higher planes; the astral outsourcing procedure with outsourcing the violet plane, the blue plane, the green plane, the yellow plane, the orange plane, the red plane, and astral reversal.

CHAPTER TWELVE–ASTRAL PROJECTION & THE AFTERLIFE

The soul is who and what we are, reaching from an endless past to an unknowable future, always characterized by growth marked by response to challenge and intention. Our growth is accelerated by self-discovery and empowerment through a process of astral illumination occurring during lives of incarnation and times between lives as discarnates when after-life actualization prepares us for the "next step." We choose to reincarnate or to ascend to higher afterlife levels and roles.

Our collective past-life history incorporates pre-incarnate, incarnate, and discarnate experiences—always as an endless growth spiral. As we grow, we increase our capacity of personal intervention to resolve global problems. The use of past life regression integrates knowledge and experience in the current life, while astral projection can be used to access past life incarnations and the following afterlife experiences. Lessons from previous lifetimes are cumulative and relevant to the present life are accessed through astral ascent.

Content includes: The nature of the soul and its growth through astral illumination; we travel from pre-existence through incarnation and times between lives; in the afterlife periods we use past life experiences as resources for afterlife actualization; reincarnation, the great leveler; reincarnation reversal correcting past life errors; past life retrieval of experience and knowledge beneficial to current life; hypnosis as an information retrieval strategy; astral projection and life span enlightenment; hypnotically induced astral projection; The astral ascent procedure accessing cosmic archives; soul-mate relationships; life role reversal; the pre-incarnate state; the astral excursion procedure and astral polarization; selected descriptions of pre-incarnate lives; astral ascent and astral excursion awaken dormant potential and new growth possibilities.

CHAPTER THIRTEEN–ASTRAL INTERACTIONS

Throughout the seventeenth, eighteenth, nineteenth, and twentieth centuries, interest in occultism and then the paranormal progressed until in the twenty-first century occultism and the paranormal essentially merged into a new non-Newtonian science of the paranormal. While still bedeviled by a

confusing array of terminology further confused by various claimants to secret wisdom and religious sources, there is a growing acceptance of the astral nature of most psychic and spiritual activity.

The new science is founded on quantum theory and the role of personal and universal consciousness in a multidimensional universe in which astral interactions are the bridge between outer and inner, body and psyche, materialism and spirituality, leading to the perception of personal growth as the basis for a meaningful life.

Astral projection gives us entrée to a world greater than the physical universe and opens ways to integrate the subconscious mind with the conscious in pursuit of the superconscious. Through our out-of-body experiences we gain the resources, knowledge and wisdom that will be applied in resolving the critical challenges of the near future: environmental, political, social, and interpersonal —you have the innate capacity to comprehend the entirety of all that is—but you are responsible for developing that capacity to fulfill your destined role as a co-creator.

Contents include: the astral plane is larger than the physical universe, introducing us to total cosmos, i.e. the comprehensive multi-dimensional universe; the new person is a being of consciousness; knowledge is not power but is the key to power; the importance of self-analysis and the responsibilities of growth and empowerment; actions taken on the astral plane will always —in some manner—manifest on the physical plane, and vice versa; the school of life, or the school of hard knocks!—It's your choice; awareness and opportunities; the inner resources of your subconscious mind; egregores are autonomous thought forms; Gods and Goddesses and elemental forces; the mythic hero; the astral form is a "container" for astral power and the source of true miracle power.

CHAPTER FOURTEEN–CASE STUDIES IN ASTRAL PROJECTION

We are the totality of mind, body, and spirit; but the greatest of these is spirit. The physical body can wear out and mental functions can fail, but the spirit is forever. Astral projection illustrates the capacity of the human spirit to function and grow beyond the confines of brain and body. From experiencing nonphysical reality to interacting with the highest realms of spiritual power, astral projection offers perhaps the most exciting and advanced growth options available to us in this lifetime.

The out-of-body Experience provides clear evidence of after-death survival and continued evolvement, along with interaction with the departed and spirit intelligences.

Contents include: astral projection rewards; increased awareness, insight, and power; Growth through practice and experience; case studies of astral therapies relating to healing and rejuvenation, erasure therapy, love's promise, overcoming depression, empowering astral interaction, Interdimensional interaction and psychic development; the reality and relevance of astral projection that is itself practical and empowering.

CHAPTER FIFTEEN–SOURCES OF KNOWLEDGE, ADVANCED ASTRAL POWERS & THEIR APPLICATIONS

We're not going anywhere because we're already there/here. Even when our active consciousness is centered on the physical level, we're also conscious on the astral and mental as we feel and think. The more we work and integrate our powers and skills the more we extend our consciousness to the higher levels.

To better understand this, we need also to understand that the old mechanical view of the

Universe is not the reality of contemporary science based around quantum physics and an inclusive role for consciousness, awareness, and intention. It is with a new understanding of the sub-atomic world of non-particles, waves, multiple energies, the active role of consciousness (the effects of observation and intention on states of matter and energy), along with the new understanding of the psyche, the mythological roles in the development of the archetypes, the existence and influence of psychic energies, and the growing awareness of the importance of environmentalism in the re-integration of humanity in Nature, that we "come back" to a non-sectarian Spirituality with renewed respect for the Qabalah, Nature-based religions, shamanism, Tarot, divination, magick, and of the subtle bodies, energies, and inner planes, and of the need for personal growth and development.

Contents include: quantum physics and the active role of consciousness; the nature, and color, of astral (emotional) substance; no sharp divisions between the planes—all the resources of the universe are within our reach; "it's all in your imagination!"; your memory library and the astral signature in auras and photographs; imagination and memory work together; training imagination, training memory; akashic records and the cosmos wide web (CWW); the more you know, the better are you in handling what you don't know!; the "Book of Life;" new sources of knowledge using astral tools; astral doorways: the Tarot, Runes, Tattwas, the I Ching, mythic figures, archetypes; Kabbalistic path-working on the astral, active and moving meditation; thought forms: their nature and function; the destructive and constructive uses of contrived thought forms; the group mind, the executive thought form, the plan of action, and the triangle of causation; thought forms at work; astral projection and applied astral powers; the power of organization to constructively direct the actual powers of imagination, memory, and creativity in manifestation.

CHAPTER SIXTEEN – WHAT'S NEXT? A SEVEN-DAY DEVELOPMENTAL PLAN FOR ASTRAL PROJECTION

The seven-day developmental plan for astral projection presented here is formulated to activate a new growth spiral and unleash your highest growth potentials. For easy reference, the plan includes certain programs previously presented in this book, and organizes them into a systematic approach that recognizes the progressive nature of personal empowerment. The plan, along with each program presented within it, is flexible, and can be easily modified to fit your personal preferences and needs. You may, in fact, wish to include certain approaches found elsewhere in this book.

For each day, the plan identifies an objective and presents relevant activities for achieving it. Beginning with simple practice and conditioning exercises, the plan progresses to more complex programs, and finally culminates in out-of-body travel to the highest realms of cosmic power.

Following the procedures included in this plan, along with others presented throughout this book, you will have gained increased awareness and advanced understanding of the astral realm. You will have new skills that can be used whenever needed to probe the boundless sources of power, from the innermost part of the self to the most distant reaches of the cosmos. You can now activate new growth processes and accelerate the development of your highest potentials.

Even though it is presented as a progressive seven-day plan, you should return to particular procedures here and as given throughout the book to both meet particular needs and to meet your developmental goals for self-empowerment.

Self-empowerment is a continual growth process of extending awareness and gaining conscious control of higher abilities and powers still unknown.

CHAPTER SEVENTEEN – FURTHER STUDIES

FOR ASTRAL EMPOWERMENT

This is not a real final chapter because this book is intended to be your companion and a constant resource for your own chapters of exploration, experiment, and self-development. It's your great work of growth, transformation and accelerated evolution. Astral projection is the doorway to the greater nonphysical universe in which you, too, have a greater being.

When the student is ready, the teacher will appear—and you are that teacher now supported by the resources of this book and many others. You are taking the next step to action and application that is the only reality for advancement in this new age. You are the master and the disciple, but you must organize your work and will yourself forward. It is willpower that distinguishes the adept from the inept.

In esoteric studies it is necessary to distinguish one's true will from desire and wishful thinking. Discovering your true will is different than applying your will—which is really the focus of intention to the accomplishment of your goal. Your "true will" is yours alone, for it is the summation of all you are and the matrix for what you can be. It is the essence of your higher self which is who you are becoming as you expand your consciousness into the astral and higher realms.

Contents Include: the Great Work: transformation and accelerated evolution; the only teacher; taking the Next Step in discovering your True Will; your spouse and partner; the Cosmic Gateway to power: Discovery + Action = Self-empowerment; the astral window to the unknown; the cosmic gateway in the lab; partners in previous lives, partners in current life; your own psychic lab—your place for exploration, experiment, and practice; the importance of psychic sensitivity: a state of openness of mind, body, and feeling; developing your personal curriculum; projects for the astral scientist; the command center of the physical-etheric complex.

APPENDIX A – ASTRAL PROJECTION FOR SELF-EMPOWERMENT

Self-empowerment through astral projection brings you sources of new knowledge and empowers your life mentally, physically, and spiritually. Through the Past, Present, and Future NOW program presented here you can experience your pre-existence, past lifetimes, life between lifetimes, and even your future. More importantly, with this program you can interact with your past and future to shape your present life goals and enrich your life with new opportunities, including:

- You can increase awareness of the endless nature of your existence.
- You can shape interactions with your past, present, and future that dissolve all barriers to your personal growth.
- You can awaken dormant resources from your distant past and interact with them to release growth blockages.
- You can create a dynamic force in your present life by interacting with your full life span—past, present, and future.
- You can discover ways to shape present and future events that promote not only your personal well-being, but the well-being of the planet and others as well.
- You can experience the entirety of both physical and spiritual reality, to include the complexities of the universe and the myriad dimensions that make up the spirit realm.
- You can interact with the spirit realm and its abundant sources of power that include ministering guides, growth specialists, and repositories of concentrated power such as orbs and planes of energy.
- You can promote better mental and physical health. You can even slow the aging process.
- You can facilitate your career success, enrich your social interactions, resolve personal

conflicts, overcome fears, increase creativity, and accelerate learning.

• You can increase the total quality of your life.

Although the program requires considerable practice, its repeated use will increase your ability to interact with the astral realm, broaden understanding of your existence, and uncover sources of new knowledge and power.

APPENDIX B – HOW YOU CAN PARTICIPATE IN A RESEARCH PROGRAM & WIN AN ESSAY CONTEST

Today we study the paranormal as involving genuine psychic powers that can become practical psychic skills; we study techniques to extend awareness and expand consciousness; we develop programs to make conscious what has been unconscious in order to expand the range of the conscious mind and to mine the subconscious for useful memories; and we explore various previously outcast subjects like astrology, divination, palmistry, shamanism, and ritual (magical and religious) to understand their validity.

Today we study inner space with the same excitement and similar consequences as we do outer space. But inner space is more accessible because—to paraphrase—the Power is with us.

Dr. Joe H. Slate, then chairman of Athens State University's Psychology Department, established the university's parapsychological research laboratory, and in 1970 founded the independent Parapsychology Research Institute and Foundation (PRIF) You can become involved in the foundation's research programs, some of which will reflect feedback from our readers, by directly contacting the Foundation (PRIF) at the address given in this appendix.

You are also invited to enter an essay contest in which you define the personal benefits accomplished through successful astral projection. The judges will select the three top essays to receive monetary compensation and to be published in the Llewellyn Journal.

APPENDIX C – NEW WORLDS OF MIND & SPIRIT READER SURVEY

This Survey functions as a Personal Review & Self-Examination intended to enable your study and practice of the programs in this book to become powerful resources for substantiating the Whole Person you are intended to be. The survey is divided into two parts: Theory and Practice. Each is equally important to your progress. Practice without theory is empty of meaning; theory without practice is empty of purpose.

Astral projection is a significant new development in paranormal research and also a new skill in extended awareness and expansion of intentional consciousness.

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FOREWORD

Why Astral Project?

BECAUSE REALITY IS FAR MORE COMPLEX THAN YOU THOUGHT!

We no longer have to answer the question of "What is Astral Projection?" Most people understand what the "Out-of-body Experience" is, but they may have many other questions they would like answered before they get to the BIG "How can I do it?" Or, perhaps even more important questions of "Why should I Astral Project?" and "What are the benefits?"

I had originally thought about trying to answer every likely question I could think of—such as: Is it safe? Is there danger from 'Body Snatchers'? Is it contrary to religious beliefs? As well as Are there practical applications? Will it facilitate my psychic (or spiritual) growth? Are there personal benefits? And so on. In fact I compiled a long list of nearly a hundred questions and sub-questions until I realized that I was really developing a list of reasons and benefits for developing this particular psychic ability.

What do people want with Astral Projection?

And then I remembered that I had conducted a survey of reasons people were interested in astral projection back in 1981 and the primary interests were:

ASTRAL PROJECTION SURVEY—7 PRIMARY INTERESTS

1. **Spiritual Growth: Expansion of consciousness—directed evolution, working out your destiny from a higher plane.**

2. **Higher Learning**: Seeing with inner vision—the inner dimensions for greater understanding of hidden realities and gaining new knowledge.

3. **Life Without Death:** Experience of consciousness separate from the physical body—bringing realization of spiritual immortality.

4. **Remembrance of Things Past**: Astral time travel—reading Akashic records, seeing history as it really was, finding past-life relationships.

5. **Inner Planes Work**: Healing and helping the sick, the dying and newly dead, radiating peace and goodwill at higher levels, etc.

6. **Contact with Discarnate Beings**: Spiritual communication with those who have died, elementals, spirits, angels, non-human entities.

7. **Astral Travel**: Nonphysical transport through space on Earth and beyond, gaining access to hard-to-reach places, visit friends, etc.

I'm sure I would frame the questions differently today, but I'm not at all confident that the predominant choices would change very much. In fact, I believe they can all be summarized in a single belief that: Human consciousness is more extensive than most perceive, and that there is an innate program calling to us to **become more than we are** through various techniques of **making conscious things that are currently unconscious**. That may seem overly psychological, begging for an understanding of what, how, and why something unconscious can be made conscious. And what do I mean by claiming that we each have an innate program calling for us to bring this about?

To become more than we are we have also to
realize that we <u>actually are</u> more than we think we are.

This is the core to understanding how astral projection works

and how it can be beneficial in practice and application. We are more than physical beings and more complex than simply body and soul or mind and body. We will explore this point in greater detail later, but for now I want to simply assert that we are a complex of several bodies, each composed of different substance, operating under nonphysical laws and each performing particular functions.

The traditional metaphysical view is that each person functions through a hierarchical structure of seven bodies, of which only the lower four—physical, etheric, astral, and mental—need concern us now, with the upper three just considered together as "spiritual." The astral and mental bodies each are divided into seven layers, while it is the physical body in four layers and the etheric in three that represent the totality of seven layers for the physical/etheric body as a whole. The etheric portion is the energy resource for the physical body, and it also serves as a two-way "bridge" between the physical and astral.

As will be discussed later, that breakdown of four and three layers for each body does apply to the astral and mental as well, but it only adds an unnecessary complexity at this point.

If you remember Einstein's famous $E=mc^2$ equation, you know that Matter and Energy are convertible, and the form that matter takes is determined by the vibratory rate of energy. The qualification of "lower" and "higher" refers to the vibration range of the particles composing each level. The range of vibrations is also referred to as "hertz" in other context, which will be shown in a chart in a later chapter.

PERMEABLE CONTAINER OF SPACE & CONSCIOUSNESS

Your consciousness is like a permeable container of "space"—permeable in that it shares in the space that exists everywhere, but

a container in that it is "your" space. Within your container is a bubble of light that is your awareness functioning as your conscious mind. Mysteriously, your container of space with both light and dark, i.e. both conscious and unconscious, can be focused to function within a particular vibratory range that we experience as a body.

You know the dual expression, "As Above, so Below" and "As Below, so Above," but you also need to add that "The Higher always Incorporates the Lower Consciousness."

Thus, through changing focus, we can function through our physical body, through the etheric portion (also known as the "etheric double"), through the astral body, and even through the mental body and sometimes the spiritual body.

It is your goal, your own great work, to expand that bubble of light to focus anywhere in the entire container that marks your "Self," but your light is not limited to the container but can move beyond and so can your focus. The expansion of consciousness marks the growth of the ordinary person to become the extraordinary person who is fully integrated with his or her Higher Self or "Holy Guardian Angel."

More of this later.

THE NEW SCIENCE OF PARAPSYCHOLOGY

Parapsychology is a science, and this is a scientific book. Dr. Slate is a scientist—a licensed psychologist trained both in that profession and in the scientific method. As chair of the psychology department, he introduced and led the study of parapsychology at Athens State University and conducted active parapsychology research programs at the University and the Parapsychology Research Institute and Foundation (PRIF)—he is one of the research institute's founders. His research programs have received additional funding from private sources, the Parapsychology

Foundation of New York and the United States Army.

But the new science involves much more than the systematic compilation and organization of empirical evidence. Rather it is a combination of evolving theory, experiment, and direct experience. It is theory that provides the necessary framework for experiment, but theory itself develops from experience. And as experiment leads to new experience, theory evolves to include what new experience provides. "The Latter incorporates the Former."

For most metaphysical subjects, much of our Traditional Theory, as first derived from spontaneous personal experience, provides our initial starting point, and comes to modern explorers in the form of the myth and folklore developed through shamanic practices, and then sometimes transmitted via personal guidance by someone with demonstrated expertise in the particular subject or practice, and other times by scriptural teaching. In the case of most paranormal practices we have a great deal of traditional theory presented to us in the guise of the "Ancient Wisdom" through rather voluminous occult literature extracted from folklore, scriptures, direct vision. Much of this was organized and published by Occultists, Theosophists, Freemasons, and European scholars investigating Yoga, Tantra, and other occult practices of the Eastern world in the nineteenth and early twentieth centuries.

We will explore more of the theoretical foundations of parapsychological research, and in particular, astral projection, in several chapters. For now, to lay the groundwork for our presentation here, I am stating my own belief—and observation—that we are infinite beings of consciousness temporarily, but necessarily, occupying finite physical bodies through which we experience and express only a small portion of our immeasurable potential. I also believe that we are constantly driven (by our innate programming) to expand our field of **active awareness** (the

conscious mind) by discovering particular attributes in the subconscious mind and then bringing them as abilities (or "powers") into the conscious mind where they can be further developed into powerful and transforming skills.

Thus we evolve from living unconsciously within a mythical world-view
to consciously using the symbols and archetypal figures of myth to explore and understand our apparent real world,
and then pushing the boundaries of the apparent reality to discover the deeper laws beyond the physical world.

Just as consciousness manifests through the physical body with particular characteristics of the physical plane, so does it manifest through other bodies (etheric, astral, mental, and spiritual) characterized by the nature of those respective planes. Yet, and this challenges our understanding, even as we speak of these bodies and planes as if they were distinct and separate, they are actually distinct only in their center of function.

MANY BODIES, ONE LIFE–MANY LIVES, ONE SOUL

As a physical entity you also include your etheric, astral, mental and spiritual attributes within the limitations of the physical plane. As an astral entity you are no longer limited physically but your mental and spiritual attributes are limited by the nature of the astral plane, and so on. When your consciousness is centered within the physical body your astral, mental, and spiritual attributes are channeled through the physical senses as provided by the physical brain and central nervous system. However, even that distinction is not absolute because the physical body is actually a composite of three physical levels and four etheric levels, and it is the function of those four etheric (or higher physical) levels to bridge between

the physical and astral bodies.

The same complexity is true for the astral body—it is likewise divided into three lower levels and four upper that in turn function to bridge with the mental body.

We have the ability to focus or center our attention along these levels and the respective "organs" that have evolved as medial for our functioning in these different "worlds."

Why Astral Project? Because, just as it is with the physical body in the physical world, there are particular things that you can do in the astral body in the astral world that cannot be done in the physical body. But it is also true that what you do in the astral world can energize physical correspondences so that skilled healing work at the astral level can have effects in the physical body, and likewise other astral work manifests in physical ways.

TO MAKE CONSCIOUS THINGS THAT ARE CURRENTLY UNCONSCIOUS

Among the many, there have always been explorers who traveled beyond the physical horizon to discover new lands beyond their own. For many, astral projection offers the opportunity to explore the heaven world, to answer the question of "life after death" and the continuity of consciousness through lifetimes and between lives, to explore other dimensions of the universe, and communicate with spiritual entities.

Astral projection is more than just the exploration of another world because it is really the expansion of consciousness that brings with it greater understanding of the physical world as well. We learn that what is "below" is contained within that which is "above" and thus our growth in consciousness reveals hidden mysteries of a reality no longer limited to physical sensation.

It is not that there is a physical world and an astral world, but rather that the real world contains the physical within the astral

within the mental within the spiritual … the lower within the higher, the lesser within the greater without separation other than our own limited perception, which itself becomes greater as we expand our awareness.

The following is a list of reasons that I've developed.

ASTRAL PROJECTION—28 REASONS TO PROJECT

- To visit the "Heaven World" while still alive
- To experience the continuity of life and consciousness
- To feel a confirmation that there is life after death
- To explore the astral plane, and the larger universe
- To gain understanding of the relationship between the physical body and the other energy/consciousness levels
- To gain understanding of the functions of emotional interactions between people
- To explore the play of electrical and magnetic energies between men and women in relationships
- To gain understanding of the relationship between the physical world and other dimensions
- To explore the role of sub-atomic particles and quanta in the greater universe
- To explore the quantum level of the physical plane and the astral plane
- To gain understanding of the interactions between consciousness and energies
- To have astral adventures
- To explore particular questions from the Akashic records
- To explore the nature and meanings of each Tarot card from the astral perspective
- To explore the nature and meanings of Rune symbols from the astral perspective

• To explore the nature and meanings of the Tattwas from the astral perspective

• To explore the nature and meanings of religious symbols from the astral perspective

• To explore Qabalistic Tree of Life correspondences from the astral perspective

• To explore mythologies and folklore from the astral perspective

• To explore the possible therapeutic applications of astral projection from the astral plane

• To do path-working on the Tree of Life, and other guided journeys with the astral perspective.

• To meet and interact with spiritual guides, angelic beings, departed relatives and friends, and other astral entities

• To investigate the historical truths of religious personages

• To investigate etheric/astral entities such as lake monsters, fantasy creatures, psychic projections and thought forms, place deities, and mythic beings

• To exercise psychic abilities during AP for better understanding of their nature

• To engage in remote viewing and other field explorations of the physical world from the astral perspective

• To see the "inside" of various divinatory, magical, and shamanic practices

• To experience romance, love, and sex in the astral

ASTRAL PROJECTION REASONS—23
APPLICATIONS
OF ASTRAL PROJECTION

• To develop clairvoyant and psychokinetic skills

• To actually "see" chakras, thought forms, astral entities

(monsters, demons, parasites, etc.), angels

• To see the higher dimensions of sacred sites, healing sites, local deities

• To see the creative visualization of personal goals in action

• To stimulate creativity in problem solving

• To develop fiction stories, seeing the action

• To augment artistic work and design—seeing things "in future motion"

• To better design new products—the trained imagination intensified

• To diagnose health problems

• To augment physical vision with the astral perspective

• To work with healing energies, both physically and psychologically

• To find missing documents, lost objects, lost pets, and trace lost persons

• To prospect for minerals, locate water resources, search for rare plant forms

• To find undiscovered archaeological sites

• To research real estate sites for unknown problems

• To augment forensic research

• To augment divination answers

• To time travel to the past (not limited to personal past lives)

• To time travel to the future (not limited to personal future lives)

• To space travel to the moon and planets

• To travel to the ocean depths

• To travel inside an active volcano

• To travel deep inside the earth

PEOPLE
MAY NOT WANT TO ASTRAL PROJECT

• Are they too occupied with “this world” to even think about the “other world”?

• Is it fear of the unknown?

• Is it disbelief ?

• Is it fear that it is evil?

• Is it fear of “body snatchers” eager to displace their souls?

• Is it response to their religious teachings?

And, finally, the best reason to astral project is to find out for yourself the answers to all these questions, exploring not only beyond the horizon but your own consciousness.

Carl Llewellyn Weschcke

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INTRODUCTION

Quantum Theory & the New Science of Parapsychology

QUANTUM THEORY & MAGICK

Many times throughout this book, as one of your co-authors, I make references to "magick" and to "quantum theory" in reference not to astral projection but rather to the practical applications of your interaction between the physical and the astral levels of consciousness.

There are nearly as many definitions and interpretations for quantum theory as there are for magick. From my evolving perspective, the two are interdependent and together offer a broader understanding of the world as is, and the potential we have to act in ways beneficial (rather than destructive) in our relationship with our home planet and to our own well-being.

What I mean by magick is a means to make change happen in the physical world. What I mean by quantum is that it provides a theoretical foundation in which an act of observation at a sub-atomic level (really below the physical) makes change happen.

To fully develop this thesis would require a book in itself, but I believe it will be seen as logical and persuasive as you read further. However, I do think it appropriate here to state a few concepts (I won't call them principles):

Every physical act as well as every physical thing is replicated in some form in the astral world. Thus, every action, such as a planned set of actions, including spells and rituals, creates an astral form consisting of both energy and astral substance.

Every astral action is replicated in some form in the physical world.

> According to quantum theory, through a concept called transactional interpretation, "a quantum wave of probability propagates from the present into the future and backward through time from the future to the present." [1] However, to change probability to actuality requires an external physical act of recognition to fix the intended change in the physical world. The original wave into the future can be called by quantum thinkers an "offer" and the rebounding wave an "echo" that then requires an act of confirmation.

In this scenario, the future is the astral level.

There is a key aspect to this that revolves around the phrase "in some form" because the astral replication is <u>not</u> solid like a physical object nor as seeming objective as a physical action is. Astral substance is viewed as emotion, although we have to be careful not to think of it as emotional other than to recognize that what empowers a successful ritual is the injection of emotion and to remember that emotion is fluid and is affected by feeling!

I hope I've given a simple outline of the interaction between physical and astral, and indicated why it is that successful magick involves as much <u>training</u> as any other physical world discipline. More of this will become apparent in later chapters.

Quantum Theory & "Strangeness"

As we move beyond the rationality of the Newtonian mechanical-like universe, we enter into what is loosely described as the "sub-atomic" level of light, waves, and conversions between matter and energy—otherwise known as the "quantum universe."

Whereas the Newtonian world can be measured and defined by logical relationships between cause and effect, the Quantum world

is marked by indeterminacy and described in probabilities. In the Newtonian world of "largeness" that which is observed is fixed in time and space, and cause and effect can be measured. In the Quantum world of "smaller than small," that which is observed is changed by the very act of observation and neither time nor space is fixed. From the quantum level, events may manifest at the physical level that are unexpected and marked with strangeness.

Parapsychology has been given scientific recognition grudgingly; its status as such is more often met with snideness and amusement by those who would agree with Albert Einstein that "God does not play dice with the universe." By logical extension, science would say that the future is knowable with certainty. If knowable, there should be no uncertainty, but a lack of certainty is the quality of modern life. We make decisions based on what we believe to be wise choices, but common sense tells us that we may be wrong—the market may crash, war may erupt, earthquakes may happen, the promised check may not arrive, electrical power may fail, your sewer may back up, and too much snow may cause the roof to collapse.

In retrospect, one can always find an explanation for what DID happen, but what WILL happen remains indeterminate. Some people may get rich making good guesses; others lose their shirts and the family savings. A diplomatic bluff may lead to war, and parts of California may slide into the sea at the same time that Boston's Logan Airport becomes part of the Boston Harbor. Smart people may boast of their "smart algorithms" that may reduce the field of indeterminacy, but tomorrow is another day full of surprises.

As a science, parapsychology is both an extension of psychology —the study of the psyche—and an attempt to explain the strangeness we call "paranormal happenings." For discussion we can think of the one as "the science of the sensory" and the other

as "the science of the extra-sensory." In both cases, we are trying to make sense of what and how we perceive, but in the one case what is perceived is described in Newtonian terms of actuality and in the other it is described in quantum terms of probability.

All this may seem a bit of "intellectual mumble jumbo," but I believe it will make more and more sense as we move through the book. One point, however, in dealing with the psyche and with the paranormal—the emphasis is on you as the experiencer. As an experiencer, we are urging you to see yourself as an explorer, and experimenter, a discoverer, and a person growing in wholeness through experience—i.e. becoming more than you are!

Quantum Theory & Where the Astral Starts

A Newtonian physicist will ask "where is this 'astral world' that you occultists and parapsychologists talk about? It's not anywhere I can see, feel, or measure—therefore it's all in your imagination."

An important point, for we do acknowledge that at least one "gateway" to the astral is through the imagination.

But there is an answer that a quantum physicist might give. (I emphasize "might" because there's not a lot of unity among quantum thinkers—and that's one reason I prefer to speak of "quantum theory" rather than of "quantum physics.")

Theoretically, our quantum thinker could say that the astral world starts at the sub-atomic quantum level where matter and energy merge with consciousness.

French philosopher Descartes pronounced "I think, therefore I am!" That's a rather limited way of saying that "All is Consciousness." Consciousness manifests in many ways and many levels, and in energy and matter. One particularly Western system for comprehending this is that of the Kabbalah. We will sometimes touch on Kabbalistic ideas and practices in this book, but a detailed exposition is beyond the capacity of even one single book. At best,

I can recommend two practical introductory books: A Garden of Pomegranates by Israel Regardie and Chic and Sandra Tabatha Cicero, and The Sword & the Serpent, by Denning and Phillips.

Astral Projection: Gateway to Astral Worlds

This is a book on astral projection, but it is even more about this "gateway" that opens up the vast potentials of the astral worlds. While many people presume the out-of-body experience will enable a person to travel to places on Earth in his astral "vehicle" and to—in essence—window peep on people without their knowledge, that is not really an accurate picture, nor is it one comprehending the many greater dimensions of astral activity and power that are described, explained, and facilitated in this book.

In other words, this is far more than another astral projection book, of which there are many, some recommended later in this book. But this is also a book inclusive of very considerable parapsychological research from which precise methods of projection and exploration were developed and are fully described in step-by-step procedures utilizing safe and effective self-hypnosis. Also included are methods of projection during sleep, dreaming, meditation, and spontaneous experiences.

This book is also about "psychic empowerment," built upon the astral projection experience: aura reading, clairvoyance, ESP, channeling, past-life experiences, telepathy, precognition, psychokinesis, encounters with angels and guides, energy and spiritual healing, rejuvenation and life-extension, after-death communications, etc. Along with the development and experience of psychic skills there are many examples of their practical application in career advancement, social interactions, couple's therapy, fertility enhancement, setting your own master plan and life-purpose. Astral projection has even proven of benefit in psychological counseling and therapy.

Astral "Muscles"

I have to emphasize that this book is more than theory and more than practice. Throughout, and then in particular chapters we have specific training and exercise programs to develop and confirm astral "muscles" that lead toward actual powers that you might once have thought of as fanciful and unrealistic. They are real, and they can be yours if you make the effort! But, that's a point that must be made: we are beings who are still evolving, but our evolution has become more and more self-directed as defined by such terms as self-improvement, personal growth, psychic empowerment, spiritual development, transcendence, transformation, and becoming more than you are.

Astral Projection & Thought Forms

What you will learn is the ability to create "forms" as vehicles for your travel throughout the astral cosmos and as means to manifest your desires and intentions. Nothing real happens without a "form." There are different ways to understand what a form is, but it starts with intention, and then construction, and finally projection. Example: you want to have a new home, so you express your intention through plans and blueprints, permits and various written forms; construction fulfills Intention at the chosen level (in the case, the physical plane); and projection places you in your new home. The same principles apply in the astral world and they are what turns imagination or fantasy into reality, and that reality can—as you will learn—then manifest in different levels, including the physical world, i.e., the Newtonian Universe.

Chapter thirteen, in particular, will show you how knowledge is the KEY to power, but is not power in itself. You will learn to draw upon the inner resources of your subconscious mind and actually employ true miracle power.

Astral Love, Sex & Magick

Yes, love and sex can be better understood from the astral which is the plane of emotion. Emotional problems often arise from failure to understand their astral involvement, and sex is always astral as well as physical. You will gain better appreciation for the role of romance, recognize sources of sexual power and the dynamics of polarity, and you will understand the health benefits of a regular and active sex life.

But, there's more! Sexual arousal and activity produces astral power that can then be deployed through special techniques called "sex magick" that are fully described in one special chapter 10 ½. It is an extra chapter inserted between chapters ten and eleven because we came to realize this is a subject that cannot be neglected any longer and left to gross misunderstanding and abuse.

The chapter includes a complete section of sexual programming from romance to climax with special insights that include the role of imagination and fantasy, looking good and feeling good, she attracts and he projects, she comes first!—her pleasure becomes his pleasure, the healing power of orgasm, and the choreographed magickal climax which facilitates his vision through her Magickal Mirror of the Universe—a particular state of ecstatic consciousness that may have inspired many of the greatest artistic creations and scientific and technological breakthroughs.

Sexual experience becomes a mystical and magickal journey culminating in inner transformative visions like those of Sufi and Tantric masters, of poets and prophets like William Blake and Paschal Beverly Randolph, and the spiritual passions of the early Gnostics and the later Saint Theresa.

A Magickal, Spiritual & <u>Practical</u> Journey

Life is a journey from birth (and before) to death (and beyond) for all of us, but you have the ability to turn your own journey into

one that is truly both magical and very practical. And that is the ultimate purpose behind this book in facilitating your ability to consciously and intentionally enter the astral state.

Dr. Slate, your other co-author, and I, Carl Weschcke, not only invite you to undertake this transforming journey but urge it because we believe the acceleration of personal growth to be vitally important to all of humanity at this critical moment in history. Ultimately, the survival of humanity and civilization are now dependent upon knowledge and awareness, and responsible decisions by individuals acting in collective coherence. We are each parts of the whole, but the collective consciousness is itself transforming from passive to active planetary involvement. Whether we identify it as visualization, meditation, prayer, or astral creation, individuals working alone and together have the power to bring about change in the whole.

Scientific & Psychic Frontiers

Dr. Slate writes: Notwithstanding the remarkable scientific and psychic advancements of recent years, our deepest probes into the unknown have barely tinkered with the ragged edge of reality. When astronomers scan the heavens with our most powerful telescopes, they see but a splinter of the cosmos, and only recently have they discovered within that small fragment the existence of planets in other star systems. Even on our own planet, the unknown far exceeds the known. Biologists can only identify about ten percent of the animal life found in a given sample of deep sea mud. Physicists working at sub-atomic levels admit they have yet to discover a most fundamental reality—the smallest particle of matter.

More importantly, within our own being there is a vast reserve of rich potential remaining not only untapped, but largely unknown to us. A major focus of this book is innovative strategies

that reach beyond the limited perspectives and procedures of conventional science to bring forth sources of power and wisdom once known only to mystics.

Among the most promising psychic empowerment strategies for probing the unknown are those that involve out-of-body experiences (OBEs). To understand ourselves and the universe, we must exceed the limits of our cranial powers. OBEs are states of awareness in which our extra-biological element—a conscious, intelligent entity, typically called the astral body—temporarily disengages from the physical body. During that transient state, we are empowered to experience reality from outside the biological body, while remaining linked to it.

OBEs are at once the newest and oldest forms of space travel known. They are the newest in that only recently have we developed OBE technology that empowers us to travel voluntarily out of body to specified destinations, and initiate empowering out-of-body interactions. They are also the oldest in that many ancient cultures recognized and accepted the out-of-body phenomenon as a normal part of daily life. These cultures often incorporated OBEs into their cultural rites, and many of them anticipated the survival of consciousness following the final liberation of the spirit from the physical body at death.

The striking similarities throughout history among ancient cultures located at distant points on the planet could be explained as a product of out-of-body interactions. Although these cultures had no physical contact with each other, they almost certainly interacted psychically, and through their out-of-body visits they could have exchanged information and acquired knowledge that produced cross-cultural similarities in values, beliefs, ceremonial rituals, and customs. Likewise, certain global trends in architectural design, particularly the pyramid, could have been shaped by out-of-body contacts, either between cultures, or on a higher common

plane.

The potential range of the out-of-body experience is unlimited—it is at once both sweeping and focused: OBEs can consist simply of spontaneous out-of-body observations of familiar settings or interactions with known persons; or they can be complex gateways to distant astral planes and dimensions that are difficult to define because they exist outside the realm of material reality and seem to have no defined limits. OBEs can deliberately access a designated earth location for a specific purpose, or they can literally span the universe, including planets of other star systems. They can include empowering interactions, brilliant new insights, and spectacular quicksilver views of astral realities that challenge us mentally and spiritually. However, most OBEs involve ordinary everyday life circumstances and interactions that are, nevertheless, purposeful, enriching, and empowerment driven.

Amazing as it may seem, our mental capacities during the out-of-body state are more than simply maintained; they are at once both enlarged and enriched. Supportive of that seemingly incredulous notion is the fact that many major advancements throughout the history of civilization involved mental states that clearly fit the known dynamics of OBEs. Through the centuries, crucial scientific discoveries have often been the products of mental imagery, dreams, intuitive thinking, and peak experiences, all having the fingerprints of the out-of-body state, which elevate consciousness to a higher plane of understanding.

During the typical out-of-body state, intelligence is heightened, consciousness is expanded, sensations are more vivid, and perceptions are more accurate and detailed. Typically, human experience is limited by our biological nature and the physical environment within which we function. Cognitively, we perform within the narrow limits of our genetic make-up and the confines of our environment. Normal sensation and perception are similarly

limited—we consciously respond only to sensory stimulus within our sensory thresholds, and we actively attend to and perceive only a small portion of our total perceptual field. In contrast, through the out-of-body experience, we can literally transcend the biological and environmental constrictions that limit our growth and separate us from the larger realities of our existence.

OBEs often reveal new conceptual realities that go far deeper than the surface of things. Although as human beings we subconsciously understand many of the basic principles of the universe, we have to work at uncovering them. OBEs offer a magnificent vehicle for tapping into the inner sources of knowledge while probing the outer reaches of the cosmos. The result is a better understanding of cosmic principles, along with greater power in applying them to enrich our lives and to develop our full potential as human beings.

Contrary to conventional thought, many of our higher creative processes function best in the absence of the constricting biological base. The masterpieces of great artists, poets, and musicians often suggest out-of-body interactions, possibly with higher astral planes, as sources of knowledge and creative expression. For example, the poems of Edna St. Vincent Millay frequently depict images that are almost certainly of out-of-body origin, as brilliantly illustrated in her early poem, "Renascence":

I saw and heard, and knew at last
The How and Why of all things, past,
And present and forevermore.
The Universe, cleft to the core,
Lay open to my probing sense …

Similarly, the works of many masterful artists strongly suggest OBEs as sources of creative ideas. For instance, primitive art created abstract structures with many elements of possible astral

origin. Early architecture and sculpture, in particular, organized highly complex concepts into innovative designs with strong indications of astral influence. Later, the works of the many impressionists, even when viewed with a skeptical eye, reveal a conceptual and abstract style suggesting strong ethereal origins.

Although OBEs have at times been over-dramatized, romanticized, and even trivialized, they have never been more relevant to our personal growth and empowerment than today. Under the economic, social, political, and psychological pressures of modern life, the cascade of overwhelming life events can reverberate throughout our lives, generate debilitating stress, undermine our social relationships, pull friends and family apart, and lead to hopelessness and despair. OBEs can unleash abundant resources from within ourselves while connecting us to the highest sources of cosmic power. They can expand our vision, and help us see the growth opportunities that surround us. They can give us a forceful emotional and motivational lift, prepare us for action, and inoculate us against setbacks. They can teach us self-preservation, even under the most adverse circumstances. They can inspire us to press forward with determination, even in the face of fierce opposition. They can help us cope with stress, solve problems, develop positive social relationships, and succeed in achieving our loftiest goals.

Perhaps more than any other human experiences, OBEs mirror the divine nature of our being as a conscious, indestructible entity. In the out-of-body state, we are compelled to experience the advanced, spiritual side of our existence. OBEs give us a powerful sense of our identity and an unwavering faith in our future. They lift the spirit to new levels of insight and power. They help us to know ourselves and the universe in ways that point to new meaning and a new vision.

From the psychic empowerment perspective, the terms astral

body, soul, spirit, higher self, nonbiological being, consciousness, and superconsciousness are often used interchangeably. Each can be seen, not as simply an attribute or possession of the person, but rather as the person. The psychic empowerment perspective recognizes the spiritual nature of our being. Rather than merely possessing an astral body, soul, spirit, self, or consciousness, we are all of these and more. Our individuality, personhood, and identity are permanently and inextricably linked to our total being, yet they are forever evolving. Tending to that amazing evolution and realizing our highest potentials are among the major purposes of our existence on this planet.

In summary, OBEs, possibly more than any other human experience, manifest at once the true nature and highest possibilities of our being. They reveal the divinity of our personhood and our capacity for oneness with all creation. They affirm our immortality and the certainty of our end-less growth. They celebrate our existence—past, present, and future—and the purposefulness of our lives. They uncover the boundless possibilities within ourselves and the unlimited opportunities around us. Perhaps most important of all, they avow the dignity and incomparable worth of all human beings.

In the pages that follow, we will explore the out-of-body experience and its capacity to enrich and empower our lives. The major intent of our work as your co-authors is threefold: to uncover new possibilities for our personal growth and fulfillment; to develop practical, sensible, tested strategies for tapping into the inner and outer sources of wisdom and power; and lastly, to promote a new paradigm that reveals the beauty and power of our existence as a permanent life force in the cosmos. It is hoped that this book will inspire each of us to live with greater purpose and joy, both now and in the future.

We have included in this book numerous programs and

exercises that require your focused attention, and therefore should not be used while driving, operating machinery, or engaged in other activity requiring alertness and concentration.

Join Us to Explore the Frontiers of Consciousness

Together, your co-authors invite you to join with us in the greatest adventure we can have as we truly explore the frontiers of consciousness, learn to exercise those powers that are both learned and earned on behalf of ourselves, our human and fellow families, and our planetary well-being, and become greater than we are.

Carl Llewellyn Weschcke
Joe H. Slate

Notes

1. Fred Alan Wolf in Taking the Quantum Leap (Harper & Row, 1981, 1989).

Suggested Reading

Melita Denning and Osborne Phillips, The Sword & The Serpent: The Two-Fold Qabalistic Universe (Llewellyn, Revised Edition, 2005).

Israel Regardie, Chuck Cicero, and Sandra Tabatha Cicero, A Garden of Pomegranates: Skrying on the Tree of Life (Llewellyn, Third Edition, 2008).

Fred Allen Wolf, Taking the Quantum Leap (Harper & Row, 1981, 1989).

[contents]

1
ONE SOUL, MANY BODIES

Astral Projection & Psychic Development For Spiritual Growth & Self-Empowerment

Most readers of a book on astral projection will have already accepted the idea of reincarnation—having lived in many successive physical bodies over time—and some may have experienced past life regression through which they have re-lived important memories.

But, it's not those old physical bodies we're concerned with in this chapter; nor future ones—and, in fact, not physical bodies at all!

If you are familiar with the basic idea of astral projection then you are familiar with the concept of the astral body—but still may not be exactly sure what it is, and that very doubt or lack of surety about it may hold you back from accomplishing the out-of-body experience and benefiting from your development of the ability to astral project at will.

We need understanding in order to fully benefit from such unique accomplishments, and then to fully realize that astral projection and other forms of what we call "psychic development" are the actual building blocks of spiritual growth and self-empowerment.

Soul & Spirit: Different Words, Different Meanings

Let's step back for a moment. Most people are reasonably sure they have a soul, and most people think of spirits in connection

with the continuity of consciousness after physical death and then particularly in relation to the concept of spirit communication.

Now we have two words that are often used without a definitive understanding of what is really meant by either of them, and—yet—in a great many cases these two words are used interchangeably. Instead, let's define soul as the absolute ultimate and immortal essence of who you are. With that, we can say the soul is not your physical body, and we will say that a spirit (small "s") is neither your physical body nor your soul. And, with a little more thought, we can consider that the "personality" through which you experience your current incarnation may not be your soul and may be only some kind of "transient vehicle" used by your soul during a single incarnation. It may even be that you don't have a soul, but that we need to think in terms of a soul having you.

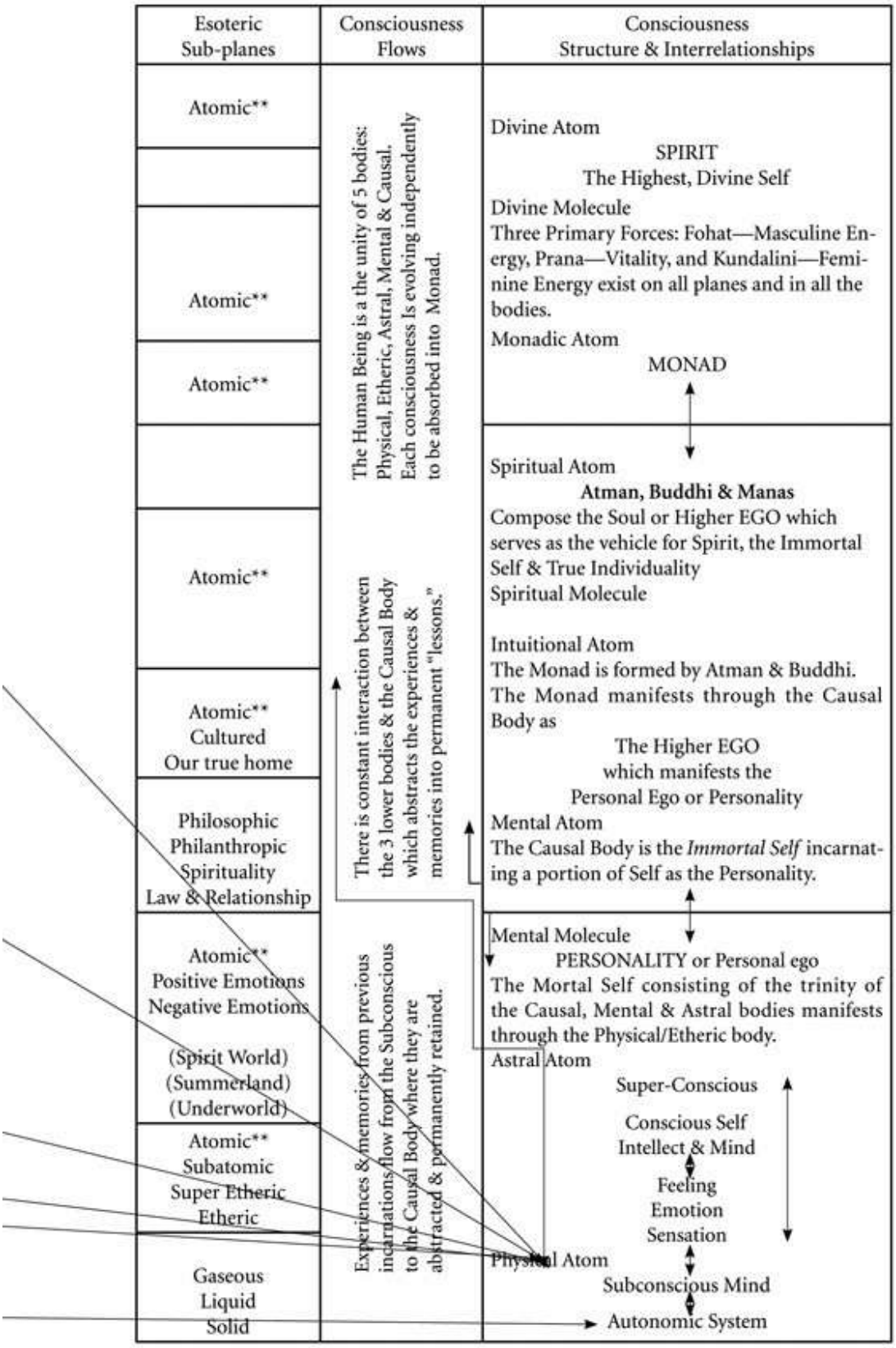
Seven Planes & Seven Bodies Chart

It may be helpful to readers to conceptually study the content of the first four main columns extending from left to right on pages 20 and 21 respectfully as "manifestations" of:
1 – Shiva, Vishnu, Brahma;
2 – Ain, Ain Soph, Ain Soph Aur;
3 – Father, Son, Holy Ghost ;
4 – Nothing, the Infinite, the Absolute;

* Bladon's standard Theosophical terms

** The nature of the seven sub-planes—solid, liquid, gaseous, etc.—repeats in every plane in the nature of that plane's own substance.

Solar Scale		Esoteric Planes*	Esoteric Bodies	Esoteric Body's Functions & Powers
Universal Consciousness	7:7 7:6 7:5 7:4	7 Upper Divine Plane	Spirit-Self Upper Divine Body	Manifestation Self The Universal I AM
	7:3 7:2 7:1	Lower Divine Plane *Adi*	Lower Divine Body	Spiritual Will
	6:7 6:6 6:5 6:4 6:3 6:2 6:1	6 *Anupadaka*, or Monadic Plane 8 dimensions	Monad Monadic Body	Divine Perception
	5:7 5:6 5:5 5:4	5 Upper *Spiritual Plane— 7 dimensions	Atman	Spirit
	5:3 5:2 5:1	5 Lower *Spiritual Plane *Atma*	Lower Spiritual Body	Collective Unconscious
	4:7 4:6 4:5 4:4 4:3 4:2 4:1	4 Buddhic, or Intuitional Plane 6 dimensions World of Love & Bliss *Buddhi*	Buddhi or Intuitional Body Spiritual Soul	Intuition Spiritual Consciousness Understanding & Judgment
	3:7 3:6 3:5	3 Causal Plane World of Knowledge Causal Substance Elemental Essence 1	Higher Manas or Causal Body—the Higher Ego The Thinker	Abstraction Clear & Unifying Awareness Objective Thinking
	3:4 3:3 3:2 3:1	3 Mental Plane— 5 dimensions World of Thought Mental Substance Elemental Essence 2	Lower Manas or Mental Body—the Conscious Mind Concrete Thinker (Egyptian KHU)	Perception Universal thinking Subjective thinking Thought forms
	2:7 2:6 2:5 2:4 2:3 2:2 2:1	2 Astral Plane— 4 Dimensions AKA Emotional Plane Kama World of Reaction Astral Substance Elemental Essence 3	Astral Body Emotional Body Dream Body The Animal Soul (Egyptian BA)	Sensation Emotional (or Astral) Substance for Thought Forms Directly relates to the Subconscious Mind— memories, etc.
	1:7 1:6 1:5 1:4	1 Upper Physical Etheric Plane World of Life Force Etheric Substance	Etheric Double Energy Body	Receives & distributes prana via the chakras & meridians. Energy Healing
	1:3 1:2 1:1	1 Lower Physical Plane: 3 dimensions World of Action Physical Substance	Physical Body Action Body	Action


Esoteric Sub-planes
Consciousness Flows
Consciousness Structure & Interrelationships
Atomic**
Atomic**
Atomic**
Atomic**
Atomic** Cultured Our true home
Philosophic Philanthropic Spirituality Law & Relationship
Atomic** Positive Emotions Negative Emotions
(Spirit World) (Summerland) (Underworld)
Atomic** Subatomic Super Etheric Etheric
Gaseous Liquid Solid
The Human Being is a the unity of 5 bodies: Physical, Etheric, Astral, Mental & Causal. Each consciousness Is evolving independently to be absorbed into Monad.
There is constant interaction between the 3 lower bodies & the Causal Body which abstracts the experiences & memories into permanent "lessons."
Experiences & memories from previous incarnations flow from the Subconscious to the Causal Body where they are abstracted & permanently retained.
Divine Atom
SPIRIT
The Highest, Divine Self
Divine Molecule
Three Primary Forces: Fohat—Masculine Energy, Prana—Vitality, and Kundalini—Feminine Energy exist on all planes and in all the bodies.
Monadic Atom
MONAD
Spiritual Atom
Atman, Buddhi & Manas
Compose the Soul or Higher EGO which serves as the vehicle for Spirit, the Immortal Self & True Individuality
Spiritual Molecule
Intuitional Atom
The Monad is formed by Atman & Buddhi. The Monad manifests through the Causal Body as
The Higher EGO
which manifests the
Personal Ego or Personality
Mental Atom
The Causal Body is the Immortal Self incarnating a portion of Self as the Personality.
Mental Molecule
PERSONALITY or Personal ego
The Mortal Self consisting of the trinity of the Causal, Mental & Astral bodies manifests through the Physical/Etheric body.
Astral Atom
Super-Conscious
Conscious Self
Intellect & Mind
Feeling
Emotion
Sensation
Physical Atom
Subconscious Mind
Autonomic System

Our Permeable Container of Space & Consciousness

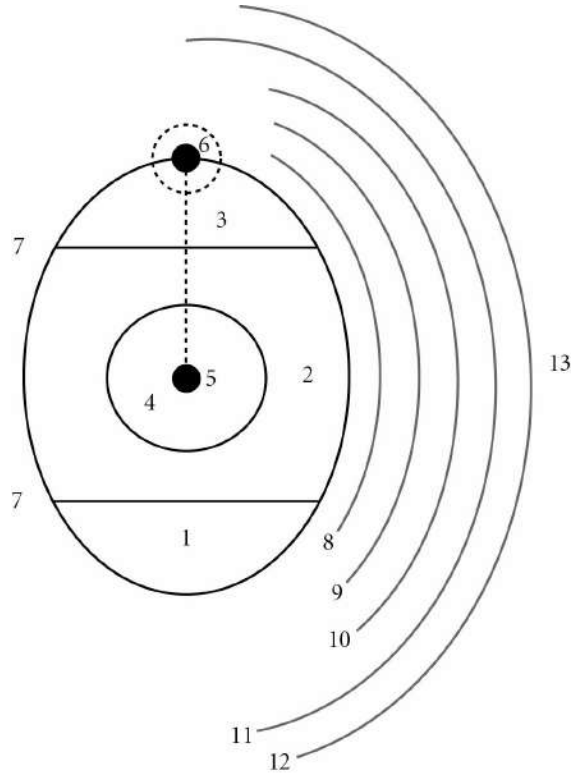
Earlier, in the foreword, we used the analogy of your consciousness as a "permeable container of space" within which there floats a bubble of light that represents your conscious mind, and introduced the idea that your mind can focus anywhere in that container to light up other areas of consciousness that are more often dark, such as the subconscious mind and undeveloped areas of middle consciousness, as well as higher areas of consciousness. And, as that container is permeable, it may be conceivable that your mind can move outside the container into any of the surrounding bodies and even into the vast field of universal consciousness. This will become more understandable if you refer to the egg-shaped diagram of the psyche adapted from an image used by the famous Italian psychotherapist, Dr. Roberto Assagioli (1888–1974) in The Act of Will. I have added lines to indicate the presence of additional nonphysical bodies (numbers through 13) that are not part of Dr. Assagioli's representation of the elements of the psyche (numbers 1 through 7).

From the perspective of number 5, the Conscious Self, we see the world about us mainly in number 4, the "Field of Consciousness." The world (or, actually, the universe) is a lot larger than that provided to our very limited conscious sight. And even though I have drawn in lines around the solid line of the psyche to indicate that we do have an astral body, a mental body, and more, the "reality" of those additional bodies lies beyond the normal field of consciousness. Without their development we lack real "vision" of the greater reality they can reveal.

As an individual consciousness, we are <u>not</u> the physical body; the physical body is just a vehicle for our personality in the same

way an automobile is. You can choose among various vehicles for the transportation of your physical body, and the consciousness associated with it—you can walk, ride your bicycle, take the bus, ride the subway, take your shiny red Corvette convertible, or simply grab a taxi.

There are really three elements to the above story: (A) the container (body) for your consciousness we identify as your psyche (personality) and your conscious self within; (B) your physical body and physical brain; and (C) your conscious decision and choice of a physical vehicle.



1. The Lower Unconscious
(or the Subconscious)
2. The Middle Unconscious
3. The Higher Unconscious
(or the Superconscious)

4. The Field of Consciousness
5. The Conscious Self, or "I"
6. The Higher Self
(or The Soul)
7. The Collective Unconscious
8. The Etheric Double
9. The Astral, or Emotional, Body
10. The Mental Body
11. The Casual Body
12. Other Nonphysical Bodies
13. Field of Universal
Consciousness

The Psyche: Elements of Consciousness & Nonphysical Bodies

The Mind Is Not the Physical Brain

Without even looking at the diagram, you now know that your consciousness is not identified with or limited to the physical body. And contrary to familiar thinking, your consciousness and your mind are not limited to and should not be identified with the physical brain. Later in this book we will discuss this further, but for now just accept the concept that the mind is not the brain. It was your conscious decision and intention to take a particular vehicle to transport body and psyche to the destination of your choice.

When you do study the diagram and consider these three elements, it becomes obvious that the most important element is that of your consciousness and your conscious self (mind). The physical brain is simply a very effective and efficient tool of your conscious self to operate in the physical world. It is also a very powerful and wonderful bio-computer that is tremendously underutilized. We will discuss that later as well, but it is important to recognize that most people utilize less than ten percent of their

mental capacity flowing through their physical brain. The mind is not the brain, and you are not the body. Look at the diagram again, and realize that there is nothing to indicate either the brain or the physical body. You do not think or feel with the brain; instead it is a biologically-based living computer with an operating system having miniature networks with programs that can adapt and change, enabling you to function in the physical world.

We know we have a physical brain and body but now it is important to learn that we also have four additional bodies to work with: an etheric (or energy) vehicle, an astral (or emotional) vehicle, a mental vehicle, and a causal (higher mental) vehicle, all functioning together as the personality and providing experience for the soul.

That's not the end of it because the nonphysical side of our individual consciousness is very complex and still evolving (or developing, as some prefer). The structures and substances of these "higher" bodies are there, but it's up to us to develop those bodies, learn to function through them, and fulfill their potential as stepping stones in our spiritual growth. Don't let anyone tell you otherwise!

Consciousness Moves with Focus

Even so, as you will learn later, your conscious awareness is not limited to the brain or even the location of your body. When you look across the street, a bit of consciousness is projected to the place of your focus; when you remember your experiences in another location, a bit of your consciousness is projected there as well; when you think about another person you know well, a bit of your consciousness projects and connects with that person as well.

You can move your consciousness about in the physical world without moving your physical body.

We've already mentioned the etheric (subtle energy) body

(double). Whenever you feel a sudden surge of energy, your conscious awareness extends into that body. Whenever you feel strong emotions, your consciousness is functioning in the emotional (astral) body. When you think, a part of your consciousness is in the mental body. And when you work with purely abstract ideas and the highest ideals, you are at least touching the causal body.

Just as these nonphysical bodies are part of the aura about your physical body, so are they part of the whole person you actually are. But, just as there's a difference between projecting your consciousness back in memory to that beautiful physical-world vacation spot and actually being there in your physical body, so is there a vast difference between feeling astral emotions and being there and functioning in your astral body.

The important point to realize is that the astral body is not the soul or the spirit, but only another vehicle for consciousness.

Nonphysical Bodies Are Vehicles of Consciousness

Actually, the inner, or esoteric, nature of the physical body is itself more complex than you may have thought. The etheric "double" (as we prefer to call it) is the higher part of the physical body, and this will become an important factor in our later discussions. What we need to realize, now, is that we ultimately will have as great a choice of conscious vehicles as we do of physical transportation vehicles. Each vehicle functions appropriately within a particular plane defined by unique substance and a specific range of vibration.

As already noted, you do already have some functioning in the energy (etheric), emotional (astral), mental, and causal planes, but the challenge is that we are primarily limited to functioning in the physical plane when we are awake, and do function in a limited, mostly unconscious, way in the astral plane during normal sleep.

This is important to remember: You already do function in your astral body during the physical body's normal sleep cycles—in fact, some refer to it as the "dream body." There is nothing strange about the astral body. When the physical body dies, your consciousness will become centered—for a time—in the astral world where you will generally encounter the consciousness of your family and friends who have preceded you in death. This is how you will also sometimes encounter your important deceased loved ones in dreams.

While physically alive, we do have some astral consciousness, and sometimes we are subjected to strong astral (emotional) energies over which we have no control. To successful practice astral projection we have to change our passive dream consciousness and reactionary emotions into a kind of active and conscious awareness in the astral dimension.

Awareness & Unawareness Within the Field of Consciousness

Please note the emphasis we have given to the word awareness in distinction from consciousness. We generally use them interchangeably, and indeed dictionaries generally do just that. But I want to use "consciousness" as a larger category and "awareness" as a smaller area within the larger category—thus to be aware within a field of consciousness that includes things we are unaware of. To focus is more specific yet, but to be focused on something does not preclude your awareness or your larger dimension of consciousness.

Having introduced so much complexity, we will now simplify things by mostly referring only to the physical and astral (emotional) planes, the physical and astral bodies, the etheric double, and then refer to the nonphysical, in general, and the spiritual realm only in a limited way. When we refer to higher and

lower, we are referring to a range of vibrations of energy and substance, and not to any "spiritual" or esoteric qualities, or making any kind of judgment. The astral body is not superior to the physical.

You will have noted that alternation between "astral" and "emotional" and "etheric" and "energy" in reference to the respective planes and bodies. Emotional is far more descriptive of the actual nature of the so-called "astral" plane, as is energy a better descriptive than etheric. Understanding and being familiar with the real nature of these dimensions will better enable you to relate appropriately to them. In some of the advanced study of the nonphysical dimensions, many texts and teachers use Sanskrit and other unfamiliar terminology that I consider to be a barrier to ready recognition of your existing experiences of these faculties.

To Become More Than You Are You Must Become More Aware

Fundamental to this book is the realization that we are beings born to become more than we are. Our job is to grow in awareness, to develop our psychic powers, and consciously work on behalf of a greater good. Not only does evolution continue for all of humanity, but for everything in the universe, and for the universe itself.

To understand this matter of different planes and bodies, and of continuous evolution, we need to start at the beginning.

The universe—which includes everything (and everybody)—is made up of

1. Energy and Matter (The one converts into the other so that they are really one energy/matter)

2. Consciousness

3. Will

"Will" may appear to be a function of consciousness, but it

manifests as an active force that gives direction to consciousness and to energy/matter. While such action may appear to be part of a continuing program, there remains the need for a programmer.

Differences, as in the distinction of the different planes (also called "worlds"), result from differences in "vibration" resulting in levels of "substance," all within the context of a "great plan" that established a "matrix," or blueprint, guiding the development of individual units themselves composed of the same elements that make up the Universe.

Yes, this simple outline requires the pre-existence (and continued presence) of the Planner, Creator, God, First Cause, or other designation of your choice. This is not a discussion about religion, mythology, or even of science; it is just a logical exposition relating to observed facts and long established concepts. This co-author's background includes more than seventy year's study in philosophy, the sciences, law, history, Theosophy, occultism in general and magick in particular, experiences and practices of the paranormal, involvement in business and societal activism, and those everyday activities of raising a family, providing a home, paying for college, etc. All those elements are present in this work and require no credit. Your other co-author of this book is a practicing psychologist, was for many years a college instructor (and department chair) of psychology and parapsychology, and an active researcher, not only into paranormal phenomena, but also into the active use and development of psychic powers and skills.

———

To understand the astral plane and body, and the ramifications of your development of astral projection (and other psychic) abilities we need a little more exposition of the system within which these actions take place.

While seemingly new and New Agey, awareness of the astral and other subtle bodies has a long history in the West as well as the East, but it is true that in Indian metaphysics and Yoga in particular there has been very detailed studies of the subtle bodies going back at least three thousand years, and nearly as long in Greek and Egyptian magical practice. The Indians (in Sanskrit) called it the "Kama Rupa" and the Egyptians called it the "BA." Throughout Greek and later Gnostic writings, it was called the "Radiant Body," the "Starry Body," and the "Spirit Body."

While the astral body was described by more modern writers from the seventeenth century on, it was through the writings of Theosophy's founder, H. P. Blavatsky and then of her successors Annie Besant, C. W. Leadbeater, C. Jinarajadasa, Alice Bailey, A. E. Powell and others that it entered into popular thought and literature.

The nineteenth and early twentieth centuries produced a series of personal accounts of astral experiences and techniques of projection, and these were followed by scientific research and even the military funding of "remote viewing," which is still debated as to either distance clairvoyance or astral projection.

Move On Into a New Age of Expanding Consciousness

Perhaps the greatest attraction of these studies is the seeming proof, in contrast to faith and hope, in the continuity of consciousness . And the expanded body of consciousness indicated by these studies brings with it an understanding of the larger potential of each person to be more than a body that only eats, sleeps, and dies. For so long we've been limited by the physically-centered reality view to live in a world still largely dominated by hunger, poverty and disease, by religious strife and military conflict, competing political philosophies that resolve

nothing, and even science biased by "the bottom line." It's time to move on into a New Age of expanding consciousness.

With assurance that we are more than the physical body, and that our expanded areas of consciousness are more than vague spiritual far-off heaven worlds, we attain a vision of a larger universe in which these higher dimensions promise greater control over our lives and greater meaning to our actions.

But, all of this is new territory for most of us, and we have much to learn and even more to personally undertake. We call it "psychic development" and the results "psychic empowerment" and "self-empowerment," but the work before us is not as simple as some college course. There are groups, individuals, and secret societies that teach methods of astral projection, but the reality is of personal realization and growth that goes beyond a single accomplishment.

While this book is primarily about methods for astral projection and the out-of-body experience, our goal is to awaken in our readers a vision that is far greater, of a road to growth and development that will give meaning and direction to the rest of your life. We are at the start of a New Age—not the fluffy ideals of the 1960s and '70s, and not the smiling faces of happy gurus or the money-grabbing "trainers" who too often used and abused their students and disciples only to abandon them when their pockets were empty.

The real New Age is born within, through your own efforts, not to be found in a pill or in herbal candied delights, and not transmitted in secret initiations. You are self-taught, and you are the explorer and discoverer. The information is available here and in other books, but you have to turn information into self-knowledge by your own application. We are only voyagers on the same journey as you. Alone and together, we are a community of fellow travelers.

See the Chart of Seven Planes & Seven Bodies. There are various names given to these planes, in other systems there are sometimes more planes, and sometimes fewer—although all encompass the same concepts. The names we are using are those given in modern Theosophy. In this, we are mainly concerned with the physical body, the etheric double, and the astral body, and the planes and related items in this discussion, but it is desirable to see how this relates to the "big picture."

Planes & Bodies Are Distinguished By Vibrations, Energy & Substance

The first factor to note is the column of numbers down the left side of the chart. There are seven planes, and within each there are seven sub-planes. We have numbered them upward from the physical, but please note that many books do proceed from higher to lower. In addition, within some planes—specifically the seventh, the fifth, the third, and the first—there is a division into upper and lower. This is the reason you will note lines and breaks in the numbering system that otherwise delineates the seven sub-planes.

Each plane and sub-plane is distinguished by differences in substance and vibration, and each provides a difference in levels of consciousness and areas of awareness that invoke different powers of perception and opportunities for action.

Just as we see a nearly infinite variety of materials and life forms in the physical world, and are becoming increasingly aware of materials and life forms normally invisible to our physical senses, so are there "worlds" and life forms on these other planes and sub-planes that will only enter into our areas of awareness as we ourselves enter into those fields of consciousness.

Within each of the astral (and other) sub-planes, life and consciousness manifest and function in particular ways determined

by the levels of astral substances and vibratory ranges. And just as there are life forms that exist at certain levels of the physical plane —birds in the air, fish in the water, etc.—so there are particular entities existing on the different levels of the astral and other planes. Some are as limited to one level as most fish are to water, while we will encounter others—like humans—that can function over a broader range of consciousness.

In the physical world, the human is nearly unique in our ability —and drive—to adapt to and thrive in every area of the entire earth environment. If we can't adapt bodily, we augment our body with the physical means to take us to the bottom of the sea and into air and space. Likewise, the human is unique in our ability to develop and grow and increase our range of perception and action and to ascend to the higher planes. Each level offers new opportunities to explore the universe, to expand our consciousness, and to act in beneficial ways.

The Astral Plane Is Our New Frontier

Just as humans cannot fly through the air without aid so we cannot readily function at these higher levels until we ourselves are able to raise our levels of consciousness and achieve increased awareness. Your perceptions at the lowest levels of the astral plane can be as challenging as those of the lowest levels of the physical plane as below sea level where there are creatures living without oxygen in the ocean deeps in the midst of sulfurous plumes rising from the earth's hellish volcanic interior.

In this New Age, we will experience the same drive that led us to explore and adapt to the far reaches of the physical world extended to these additional worlds that make up the vaster universe that is both physical and non-physical. The astral plane is in many ways our new frontier, and as we focus more and more in this added dimension we hope that we will at the same time bring

peace and true prosperity and full realization of the beneficial opportunities in the physical plane that is the foundation for our evolutionary journey.

NOTES TO SEVEN PLANES & SEVEN BODIES CHART ON PP 20–21

"Names" for esoteric matters are a challenge as different writers have named things differently, and sometimes rather loosely naming two different things with the identical words at different times. What we've done is to choose those that are the most familiar for the lower planes and bodies (or worlds or envelopes) and those used by Henry Laurency (a modern esoteric) for the upper ones. As a means to relates these names to other writing, we have included several alternatives in column 5, with reference to their sources in the list below.

In addition, we have included two different numbering systems – "Involution" by Laurency and "Evolution" by Lee Bladon as a further method of bringing definition to a very complex matter. It may be more confusing than helpful at first, but as you work with the system we believe it will actually become more helpful and less confusing.

It should be understood that, in reality, these higher planes and bodies are not spatial and do not exist as distinct layers above one another, nor as distinct levels around a central core. Rather, they are better thought of as vibratory states existing within a whole.

It must also be noted that the nature of the seven sub-planes of the physical plane listed in column 4, starting from the bottom up as solid, liquid, gaseous, etheric, etc.—repeats in every plane in relation to the nature of that plane's own substance.

MAIN RESOURCES

Lee Bladon, The Science of Spirituality, 2007, www.esotericscience.org

Henry T. Laurency, The Knowledge of Reality (Henry T. Laurency Publishing Foundation, 1979), www. laurency.com

Philip S. Harris, editor, Theosophical Encyclopedia (Theosophical Publishing House, Quezon City, Philippines, 2006).
Theosophy as included in Bladon (1) above.
Sanskrit as included in Bladon (1) above.

OTHER SOURCES

Editor unknown: A Working Glossary for the Use of Students of Theosophical Literature (New York, John Lane Company, 1910).

We will be coming back to this chart, and modifying it, in future chapters. For now, the essential need is to perceive that we are far greater beings than just the conscious mind and personality occupying our familiar physical body, and to understand that there is some flow of consciousness between the lower five bodies, and that even though a distinction is made between the "Big 'E' EGO" of the soul and the "little 'e' ego" of the personality, ultimately there is only one EGO, the True Individuality.

The Personality Is Only One Chapter In the Biography of the Evolving Soul

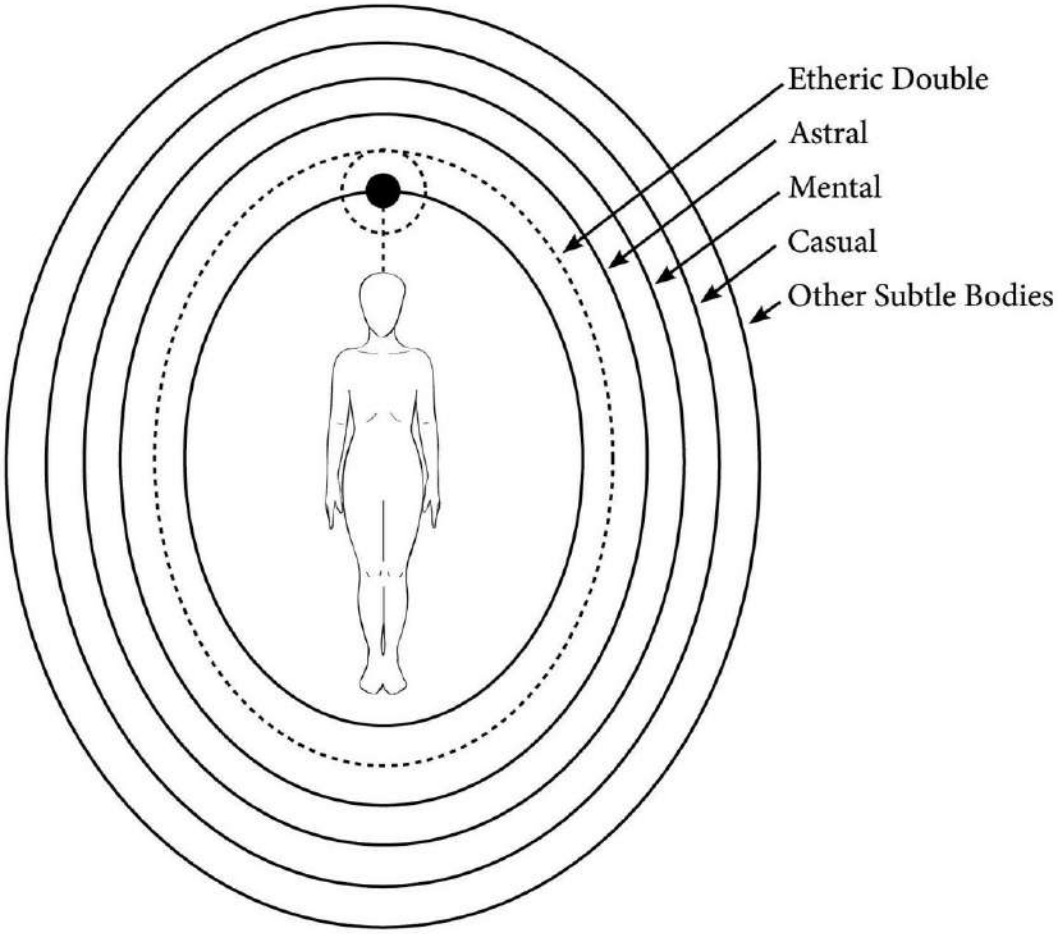
Yet, the personality is only one chapter in the full biography of the evolving soul. And each chapter is analyzed and abstracted to secure the essential lessons and experiences of the personality's entire lifetime, while the memories of that lifetime flow into the subconscious mind and become part of the universal consciousness providing a complete history of the soul's many lifetimes somewhat like a real estate title abstract at the county recorder's office tracing the many owners of a piece of property down to the present.

In between lives, the soul absorbs lessons from the many successive personalities filling his or her biography, and thus evolves. From this now greater perspective, the soul outlines a new chapter and sends part of his essence into incarnation to gain

new experiences that will become new lessons for the evolving soul. It is somewhat as if mature adults could have planned the years of their childhood to get the right experiences and education for the professional lives they have chosen.

Each of the four nonphysical bodies must be seen in relation to the personality as each represents particular but mostly underdeveloped and underutilized assets. As we learn to make conscious use of those powers we will grow in our capacity to integrate those powers into the whole person of the present incarnation. It is important to realize that the soul and the substance of all these bodies is in a process of evolution. We are here to grow, and that is what life is all about.

We realize it is challenging to keep track of all these ideas, but you could think of the four subtle bodies beyond the physical "main home" as if you also had a summer home, a winter home, an office, and within your home you might also have a workshop or studio. You are the owner and manager of all these properties—yes, you are very rich (far more than you realize)—and each property is fully and distinctively furnished including a car in each garage, appropriately equipped with appliances and tools, a library, and even a well-organized store room. Yet, there are no real boundaries between these different locations, but they do serve different functions and also provide different memories—some of which are left in the store rooms while others are consciously retained.



Auric Egg of Many Subtle Bodies

At the same time that you have these extra homes, the truth is that you don't spend much time in any of them, you are not really familiar with all their contents, you've never met the neighbors, and don't appreciate the wonderful opportunities that each provides to you to have a better life.

It may sound fantastic, but realize that each of those bodies is actually larger than your physically based consciousness, and does provide you with special powers that you barely utilize and cannot really do so until you learn to center your consciousness within them. Your astral body does provide your emotional experiences, but you very likely do not know how to make use of your emotional powers and the emotional substance. You barely utilize small parts of your mental and causal bodies.

Even closer to home, you probably utilize very little of what your etheric double can provide, and have learned very little about the "master switches and transformers" that make up the chakra system.

Our intention is not to overwhelm you with what you don't know and don't do, but to excite you with the awareness of all that awaits your enthusiastic undertaking of the journey through psychic empowerment to the self-empowered whole person that is your opportunity and your destiny.

The diagram below shows the physical body surrounded by its aura.

The Human Aura & the Astral Body

While we were not born with the physical means to fly with the birds nor swim to the ocean depths, we are born fully equipped with astral and other subtle bodies, and we are already experienced in some degree of astral awareness during our sleep cycles. The presence of the astral and other bodies is actually visible to people who develop their psychic awareness to perceive the aura that surrounds every person and animal, and to lesser degrees even material objects.

The aura is actually made up of astral substance, and each layer of the aura is a manifestation of one of the nonphysical bodies. Even though you are not able, as yet, to consciously function in these more subtle bodies, they are part of your wholeness and represent the challenge to become more than you are through psychic development.

While this is not a book about the aura or seeing the aura, the ability to perceive it would give you a strong start on the ability to work with your astral body by increasing your psychic awareness. Seeing the astral dimension in the aura adds to the viewer's surety but—even more importantly—the effort made to see the aura is a

valuable preface to the actual techniques for astral projection that will follow in this book.

The diagram is very simplistic. Many books are available with colorful paintings executed under the direction of clairvoyants, including the Theosophical classic Man Visible and Invisible by C. W. Leadbeater and the more detailed modern classics, The Subtle Body by Cyndi Dale and Light Emerging by Barbara Ann Brennan. Such drawings, and the books themselves, are powerful aids in bringing the "unseen" to the edge of perception.

It's up to you to take the next step yourself. You do not need to become a fully developed clairvoyant to make a substantial leap in awareness helpful to further confirmation that the subtle bodies, and most particularly the etheric double and astral body, are real. Chapter two provides a simple program, an exercise really, to initiate your expanding psychic perception.

SUGGESTED READING

Roberto Assagioli, The Act of Will (Synthesis Center, 2010).

Barbara A. Brennan, Light Emerging: The Journey of Personal Healing (Bantam, 1993).

Cyndi Dale, The Complete Book of Chakra Healing (Llewellyn, 1996, 2009).

Cyndi Dale, The Subtle Body: An Encyclopedia of Your Energetic Anatomy (Sounds True, 2009).

C. W. Leadbeater, Man Visible and Invisible (Theosophical Publishing Society, 1907).

[contents]

2
SEEING THE UNSEEN
Aura Viewing & Inner Clairvoyance

THE AURA: WHAT IT ISN'T & WHAT IT IS

Because an aura is not normally seen, unaided, by physical sight, we need to also establish what it is not.

It is not a mere reflection, or bounce-off, of bright light off an object. This can often be seen as a kind of glow around people and objects under bright sunlight, and is sometimes claimed to be what others think to be the aura. However, this glow can be helpful in learning to see that aura because your awareness of it helps stimulate Ajna—the "brow chakra"—which author Robert Bruce believes to be the actual psychic organ for seeing the aura and developing clairvoyance.

Neither is the aura the electromagnetic biofield of the living body which is sometimes photographed by the process of Kirlian photography. Again, however, by extending your awareness through feeling this biofield you are initiating the process that can help activate true auric perception. We often feel this living energy when close to a person with whom we have empathy, and we likewise feel it around animals, plants, and trees. Cultivating your sensitivity to these radiant energy fields will extend your capacity for other levels of perception.

The Aura Is Not Physical

This is a very important realization. While part of the aura is inclusive of the near-physical etheric body, it is composed of astral

substance and nothing of the astral world or body is physical. Each plane has its own substance, energies, and functions. The astral world closely reflects the physical world, and your eventual astral experiences will give you new insights into the corresponding physical places and peoples, but it is vital to make this expansion of your "world view" beyond physical limitations.

Becoming more aware, more sensitive, to these subtleties seen or felt (or even heard) around living entities and sometimes from purely physical objects initiates the process of "opening the doors of perception." While we say that there's more to the universe than the eye can see, there are already a great deal of items actually visible that most people do not see. What are you missing?

Awareness of Subtleties & Observation of Details

Expanding your awareness to subtleties does not mean you will be overwhelmed with incoming data but rather that these subtleties enrich your perception of entities and objects and add dimension to your memories and understanding of them—thus forever expanding consciousness itself.

The subtleties provide the details that are distinctively important in providing the foundation of reasoning. It is through the constant addition and accumulation of factual information and memories that your growth on all levels is facilitated.

Awareness, observation of details, their organization and analysis, are the "work" that transforms the astral and mental bodies to become better instruments for the whole person. We are not born into this life with fully formed and mature astral and mental bodies any more than we are born with a grown-up physical body. Each body grows as it responds to stimuli, to training, and to self-initiated activities. All our bodies are used all the time in every activity—but our use of those astral, mental, and causal bodies is limited by lack of knowledge and understanding

of their particular abilities.

Each body has distinctive substance, energy, and function, and each must be trained, exercised, and developed just as a child first learns to walk, then talk, and then is taught. The goal and result is growth, development and conscious control.

AURA GOGGLES & CAMERAS: MAN VS. MACHINE

Just as we augment our perceptive abilities with optical and electronic means, so there have been inventions of aura goggles, aura cameras, special uses of dowsing rods and the pendulum, and other aids to see or measure the human aura.

In 1908, Dr. Walter Kilner developed "aura goggles" involving screens of dicyanin between glass lenses by which he could perceive the ultraviolet part of the field around the body that he termed "The Human Atmosphere" in a book of that title he published in 1911. A revised edition titled The Human Aura was published in 1920 and is still available.

In 1939, Russian scientist Semyon Kirlian developed Kirlian photography, which reveals an energy discharge around fingers, plant leaves, or other living forms. Rather than photographing the actual aura, the Kirlian photograph shows a corona discharge occurring when the subject is placed on a film upon a metal plate charged with high voltage electricity. Dr. Joe H. Slate and his students and researchers at
Athens (Alabama) State University have done valuable research showing specific variations of the high radiation corona discharge under varying conditions, including the Kirlian photograph used as an alternative to the lie detector.

Brow Chakra: Developing Its Psychic Sensitivity

In summary, the aura is a manifestation of a person's energy and consciousness that can be seen by developing the psychic sensitivity of the brow chakra, working in conjunction with the

normal physical sight's visual apparatus extended in peripheral vision. We will get further into that process later.

The human aura is mostly composed of astral substance, shaped first by the etheric double, which appears as a narrow band of grayish energy resembling "needles" like those on a spruce tree. This band—the first out from the physical body—is often referred to as the health aura and is used in energetic diagnosis. Other bands are indicative first of various aspects of the astral body, and then of the mental and causal bodies—but only as they are reflected in astral substance.

The remarkable feature of astral substance is how readily it is shaped by both feeling and thought. Both create "thought forms" that can be seen clairvoyantly. This property is both passive—thus reflecting feelings, passing thoughts, and even day dreams—and active, being deliberately created and shaped by concentrated thought and visualization.

Have you ever wished you had an extra hand to help you assemble a Christmas toy? Thought forms can actually be created to augment nonphysical actions in just that manner, and can even be created in your own image to impress those sensitive enough to believe that you are physically present where you are not.

What we call "inner clairvoyance" is actually astral seeing—except that "seeing" is not really an appropriate verb. Astral seeing is better described as "sensing," and it is not limited to two dimensions as physical sight is. With astral sensing, you can perceive all sides of an astral image, and even the inside. It's entirely a matter of focus.

We will discuss more of these aspects of astral awareness in another chapter, but by now you should understand that to see the aura means that you are actually astral sensing—you are beginning to center your consciousness in the astral body.

Mark Smith in Auras: See Them in Only 60 Seconds!

(Llewellyn, 1997) writes that anyone can learn to see auras in just one minute. And it is in this seeing that you will build confidence and accumulate experience, gradually extending what you see from the simple to the more complex. Smith breaks this instruction down into a few easy steps:

AURA SEEING PROCEDURE

Introduction. As our goal is to develop the ability, there is an advantage to selecting a teenage or young adult female as your subject. The reason simply is that her aura energy is higher than that of most other subjects.

1. Stand the subject eighteen inches to two feet in front of a bare white wall. Avoid walls with colors or patterns. Joe Slate, in his Aura Energy for Health, Healing & Balance, suggests that you place a small shiny object such as a thumb tack or adhesive dot on the wall a few inches to the upper left or right of the subject

2. Use indirect lighting—natural ambient daylight, if possible. Avoid fluorescent light or direct sunlight.

3. View the subject from at least ten feet away.

4. Ask the subject to relax, breathe deeply, and rock gently from side to side with hands unclasped at his or her side.

5. Look past the subject's head and shoulders and focus on the wall behind or the shiny object you've mounted on the wall for that purpose.

6. Avoid looking at the subject, concentrating instead on the texture of the wall or the shiny object behind him or her, using your peripheral rather than direct vision.

7. As you look past the outline of the body, you will see a band of fuzzy light around the subject, about one-quarter inch to one-half inch in depth. This is the etheric aura.

8. Continue to look past the outline of the body, and you should see the subject as if he or she is illuminated from behind,

sometimes with a bright yellow or silver color. One side might glow more strongly or slowly pulsate. Auras rarely are uniform.

9. As you progress you will soon see a second, larger band of light three inches to two feet around the body. This is the astral aura. It is usually darker and more diffuse than the etheric.

10. Joe Slate says the once you see the aura you should shift your attention from the shiny object to the aura and observe its various characteristics. Should the aura begin to fade away, shift your focus back to the shiny object, and repeat the procedure.

Summary of Purpose & Benefits: Developing brow chakra sensitivity and seeing another person's aura.

An additional helpful technique in using your eyes' peripheral vision is to also feel that you are seeing with your brow chakra. Just feel a sensation between your eyes and slightly above. Likewise, it is sometimes helpful to center your attention (not focus) on the brow of the subject while still gazing past the subject. Dr. Jonn Mumford recommends that you press a shiny copper penny over the brow chakra—it will normally adhere to the skin—as a way to increase your psychic sensitivity.

SEEING YOUR OWN AURA PROCEDURE

Introduction. Seeing your own aura has huge benefits for personal health management and advancing your psychic development and self-empowerment.

1. Stand in front of a mirror at least eighteen inches away, further if possible.

2. Place yourself with a white or neutral color surface visible in the mirror behind you.

3. Relax, breathe deeply, and sway gently from side to side.

4. Focus on the texture of the surface on the wall behind you. Again, a shiny object such as a thumb tack placed strategically on the wall can facilitate the process.

5. As you stare past the outline of your head and shoulders, you will see the envelope of light around your body move with you as you rock gently.

6. Remember to breathe normally.

7. Lighting should be subdued, neither too bright nor too dark.

8. Color of clothing is unimportant, although Robert Bruce says the colors have their own aura and can skew the observation. Nudity, or neutral colors, will avoid such distortion when viewing the aura about the body.

Some people experience more difficulties than others in seeing the aura, particularly their own. Sometimes it is helpful to close your eyes and visualize an aura about your head and shoulders, or of the body as a whole if viewing in a full length mirror, and then attempt to hold that visual image when you open your eyes.

Visualization is a powerful stimulus to the psychic faculty.

The visualized self-image can be the final step before a willed out-of-body experience. Just take that step, and be the visualized body.

Summary of Purpose and Benefits: Personal health management and a forward step toward projecting the astral body.

MIND OUTSIDE THE BODY: THE PRACTICE OF TRATAK PROCEDURE

Introduction. This simple exercise of producing a vivid image floating in space before your eyes can be a profound experience. While it has a physiological basis, it nevertheless creates a true mental image external to the body.

• Another technique used to stimulate the brow chakra and your psychic perception is to use the Yogic practice of tratak, essentially staring at a particular object until the eyes water, and then closing the eyes to see an after-image, or looking at a white surface for the after-image. Some people practice this by staring at a candle flame

in darkness, and then closing the eyes to see the after-image. As an additional visual exercise, move this after-image about, and practice holding the image for greater lengths of time.

• Another effective technique is to perform tratak on small pieces of colored paper in the primary colors and then seeing the complementary color in the after-image. Even better is to use Tattwa cards which are composites of two complementary colors into a single image of the Tattwas which represent the primary elemental forces operating throughout the universe. These practices directly stimulate the brow chakra and train your ability to visualize and imagine an image in specific detail. Such visualization is also used in the technique of astral doorways we will discuss later in relation to Tarot cards.

• However, the actual experience of seeing the after-image appearing to float in space in front of your closed eyes, outside the body, is more than a visual trick. The more definitive your visualized images, and the more you practice moving them, the more you increase your psychic perception and your ability to manipulate subtle energies.

• Anything can be improved. One way to do so is to combine the tratak practice with seeing yourself in the mirror. Standing, or seated if necessary for your comfort, see yourself in a full-length mirror as before but now stare without blinking for as long as possible directly at your image. When you have to close your eyes, do so and visualize your image, and then repeat tratak five or six times each session. Eventually you will see your aura—and a thought form of your astral body.

• You can also practice without the mirror, comfortably seated; performing tratak with your eyes only half open and without focusing on any particular object. It will take time, but persistence will bring success.

Summary of Purpose and Benefits: Provides stimulus to the brow chakra and the ability to self-induce mental imagery.

BROW CHAKRA: STIMULATING THROUGH SOUND PROCEDURE

Introduction. We've already mentioned the value of stimulating the brow chakra. A very powerful adjunct to the method of physically feeling subtle sensations in the brow area is the use of voice vibrations focused there as well.

• There is a real science to the use of specific mantras in relation to each of the etheric/astral chakras, but that is an extensive subject that is more completely developed in the works mentioned in this book's glossary.

• All you need to do now is to hum—vibrating the sound of Aaa-ooo-uuu-mmmm" without the break between syllables that we've indicated with dashes for clarification. The most important segment is the final uuu-mmmm which should be barely audible but distinctly felt in the brow just above and between your eyes.

• Feeling the vibration is important, and requires some effort at first. You will also need to experiment with the tone and the source of the sound. It works best to initially pitch the voice below your normal level, and to feel it coming from the back of the throat, moving forward and upward to center on the brow—feeling the vibrations in the bone structure of your skull.

• The goal is to feel that vibration not only in your skull but in your vision.

Summary of Purpose and Benefits: Mantras are exceedingly simple to use and very powerful in their effect. They can be employed over the entire body for a number of purposes.

Your "Best Friend": Your Subconscious Mind

Another important method of practice is to give strong suggestions to your subconscious mind before falling asleep that you will see

your astral body. To see is to "be there."

Your subconscious mind is your most powerful ally, really your "best friend"—always with you and always supportive when you directly communicate your need and desire.

AURA READING & INTERPRETATION PROGRAM

Introduction. Aura seeing is one step, but without the ability to read and Interpret it is an "empty" skill. To analyze and interpret observations is a key step to success in nearly any endeavor. Always we start by organizing the details.

• Seeing the aura is one step forward, but it's through paying attention to the details that we develop our abilities. Color is the primary tool for interpreting the aura, and it is color that is an outstanding characteristic of astral experience. With consciousness centered in the astral body, colors are experienced in the same way that odors and sounds spread out from their originating source.

• Increasing your sensitivity to colors and their meanings is another way to move toward actual astral experience. It is through color that interpretation is made of aura viewing.

AURA READING & INTERPRETATION PROCEDURE

Colors have meaning. They are vibrations in the visible spectrum. Their locations are in direct relation to the major chakras while their vibrancy, shades, and extent are in relation to the activity of the particular chakra. The following table shows the approximate location on the physical body, the generally accepted name from the Hindu system, and the primary color of the chakra.

Chakra Names	Colors	Associated Planets	Sanskri
Crown	violet	Sun	Sahasrara
Brow	indigo	Mercury	Ajna
Throat	blue	Moon	Vishuddha
Heart	green	Venus	Anahata

Solar plexus, or “Navel Chakra”	yellow	Mars	Manipura
Genital area, or “Sacral Chakra”	orange	Jupiter	Svadhistha
Base of spine, or “Root Chakra”	red	Saturn	Muladhara

Aura Colors	Locations	Meanings
Blue	Throat Chakra	Religious (but not limited by doctrine). Light blue is associated with balance, tranquility, self-insight, flexibility, optimism, and empathy for others. Deep blue is associated with mental alertness, sharp-wittedness, and emotional control. Dullness of blue anywhere in the aura is associated with negative stress, pessimism, despondency, and insecurity (feeling blue), whereas dark, dingy blue may indicate suicidal tendencies.
Brown		Strong interests in the earth and natural resources, along with personality traits of practicality, stability, and independence. Brown is also characteristic of such professionals as geologists, ecologists, archaeologists, and landscape and construction workers. Brown in the aura is commonly indicative of outdoor interests such as hiking, skiing, mountain climbing, and hunting, as well as physical fitness.

Aura Colors	Locations	Meanings
Gold		Advanced spirituality. People with gold in the aura are charismatic and able to handle large-scale projects, but they usually attain their successes later in life.
Gray		Usually a transient color that can foreshadow illness, adversity, and even death. Small areas of gray can signify health problems in relation to their location.
Green	Heart Chakra	Love, affinity with Nature, often a natural healer. Bright green signifies healing energy, self-actualization, and raised consciousness particularly concerning global conditions. Bright green is typical for health care professionals and environmentalists. The auras of psychic healers are usually iridescent, a feature not often found in the auras of other health-care professionals. Dull green is associated with envy (green with envy), inner conflict, personal unfulfillment, and resistance to change. A very dull green with shades of gray is often a precursor of serious adversity, personal catastrophe, or physical illness. Associated with healing energy.
Indigo	Brow Chakra	Intuition, nurturing. See also purple, as indigo and purple are sometimes difficult to distinguish from one another. Associated with spiritual awareness.
Orange	Genital or Sacral	Social extraverts who typically pursue careers requiring considerable social interaction, such as politics and sales. They are independent, competitive, and possess strong persuasive skills. Discoloration in the orange aura is associated with impatience,

	Chakra	egotism, emotional instability, and a low tolerance for frustration. Associated with emotional energy.
Aura Colors	Locations	Meanings
Pink		The color of youth, longevity, rejuvenation, sensitivity, humanitarians, idealism, and talent. Typically, older people with an abundance of pink in their auras have achieved prominence in their careers through hard work, have moderate political views, and are interested in the arts and such matters as historical preservation. Associated with affection.
Purple		Associated with philosophy and abstract interests, purple is often predominant in the auras of ministers, philosophers, and theoreticians. People with purple in their auras value intuitive knowledge, often possess superior verbal skills, and command respect from their peers. Wealth often comes easily to them and they settle into comfortable careers in which they can pursue personal interests.
Red	Base of Spine or Root Chakra	Vitality, sensuality, physical energy, impulsive behavior, strong emotion, outbursts of anger (seeing red), the need for excitement, adventure, and risk-taking. While flashes of red in the aura (anger) are usually transient, more permanent strands of red woven into the aura may be indicative of violent and uncontrolled aggressive impulses. Areas of red are not uncommon among male college students active in contact sports and similarly in professional athletes in competitive sports. Red can also relate to

		leadership, responsibility, drive, and charisma. Associated with sexual energy.
Aura Colors	Locations	Meanings
Silver	Crown Chakra	While rarely seen, people with silver in their auras are often full of grand, but impractical ideas, more characteristic of dreamers than doers.
Violet		Advanced spirituality and psychic skills. People with a lot of violet in their auras sometime exhibit an off-putting air of superiority and are often involved in metaphysical pursuits.
White		Not commonly seen but indicative of purity, self-effacement, peace-loving.
Yellow	Solar Plexus	Intellect, mental power, creativity, strong personality. The brightness of the yellow is associated with intelligence, while the expansiveness of the color is associated with social competence and dependability. Bright yellow around the head is associated with abstract thinking, problem solving, and verbal skills, while bright yellow around the shoulders and chest is associated with superior eye-hand coordination and mechanical skills. Dullness and constriction in the predominantly yellow aura may indicate stressful conditions and difficulties in social interactions. Associated with mental energy.

Since the aura is directly perceived only through our psychic vision, or clairvoyance, **the interpretation of it is more subjective than objective and builds upon the personal experience of the observer.**

The main factors to consider are:

FACTORS IN INTERPRETING THE AURA

1. The various fields about the body reflecting the etheric, astral, mental, and spiritual bodies or sheaths.

2. The levels of the body corresponding to the location of the chakras.

3. The colors, and their clarity, brightness, and intensity.

4. The presence of irregularities and patterns: such as blockages, holes, depressions or bulges, blotches, streaks, fluctuations, fissures, points of light or darkness, streams and clusters of energy, tentacles, arcs, agitation, symmetry and balance

5. In some auras, there will be geometric figures.

6. The size of each of the fields as distance out from the physical body.

7. The overall structure, which Dr. Slate refers to as the unique signature of the individual.

8. The observer's feeling or psychic impressions.

While some specific observations can be augmented with the use of dowsing rods and pendulums as well as the hands in sensing the aura, the aura visionary, or reader, should attempt to start with basic observations of the above factors, and then slowly perceive the complexity of the overall aura in which the following elements are important considerations:

SHAPES & ELEMENTS TO BE SEEN IN THE AURA

• Streams of Energy. These can occur in a variety of formation and colors anywhere in the aura. They can radiate outward as brilliant streamers or meander about in a network of energy. Any blockage to these streams should be noted in relation to the color and location.

• Clusters of Energy. These intense concentrations of colorful energy can occur anywhere in the aura and typically are in

response to specific empowerment needs. Color and location should be noted.

• Points of Light. These are associated with powerful forces intervening to empower the individual's life, and can signify a spiritual presence such as a guide or angel. Intensity and location should be noted.

• Points of Darkness. These may signify an attack on the aura, possibly—in rare instances—an actual psychic attack or involuntary psychic vampirism, but more often as points of severe weakness or injury.

• Voids. Larger than points, voids are inactive areas with little or no energy that often reveal psychological factors such as discouragement, feelings of hopelessness, depersonalization, detachment, etc.

• Agitation. Appearing as churning turbulence accompanied by discoloration, they suggest fractured relationships, insecurity, fear, excessive anxiety, unresolved conflicts, and when localized may indicate the site of chronic pain.

• Symmetry. This signals a healthy, harmonious mind, body, and spirit able to accommodate change and opportunities as new learning experiences.

• Fissures. These are breaks and tears that have jagged and irregular edges and are usually gray in color. They originate in the outer layers of the aura as the result of psychic injury—often from early childhood or past-life experiences. They may be indicative of physical or emotional abuse and often appear in the auras of battered women. The effects of past-life experiences survive and are reflected in the aura.

• Tentacles. These extend outward from the aura's external boundary and are often associated with immaturity and dependency needs—a reaching out for support. They are

frequently found in the auras of people who look for instant gratification, or who make selfish and unreasonable demands on others. They are also found in the auras of pseudo-intellectuals, self-anointed scholars who specialize in debunking views contrary to their own. Tentacles are often associated with psychic vampirism in which the tentacle reaches from one aura to another.

• Arcs. Arcs connect the upper regions of two auras in close and satisfying social interaction and will sometimes lead to a literal merging of the two auras.

• Geometric Forms. Geometric forms can occur anywhere in the aura as specialized concentrations of energy originating either within the subject or from an external force.

• Spheres. Like other aura signature forms, the color and location offer clues to its energizing role. For example, a bright yellow sphere in the upper region of the aura is associated with intellectual enrichment. A bright green sphere indicates healing energy being applied in the physical body at that location.

• Pyramids. Psychics often have a bright pyramid of energy in the upper regions of the aura, sometimes directly overhead.

• Sheath. A large shield-like ring of intensely bright energy may enclose the entire aura as a protective boundary.

• Asymmetrical globs, often smoky in coloration, tend to constrict the aura and suppress its energies.

Interpretation of the aura should not be based on strict rules following these listings of colors, brightness, size, shapes, etc., but rather a holistic synthesis characterized by the aura visionary's empathy with the subject—even when viewing one's own aura. While details count toward the whole, we must never let the details overwhelm the whole in our interpretation.

Summary of Purpose and Benefits: Interpretation is precedent to understanding, and with understanding comes the ability to employ

knowledge for practical benefit. Those benefits include health diagnosis and healing, character judgment, chakra development, etc.

In his most comprehensive book, Aura Energy for Health, Healing & Balance, Dr. Slate outlined the multiple roles of the aura system:

FUNCTIONS OF THE AURA SYSTEM

- It is a highly complex system that generates energy and sustains us mentally, physically, and spiritually.
- It is a sensitive yet dynamic force that encodes the totality of our individuality and connects us to the cosmic origins of our existence.
- It is an evolving chronicle of our past, present, and future.
- It is an interactive link between our innermost self and the external environment, including the aura systems of others.
- It is a repository of abundant resources with potential to enrich our lives.
- It is an interactive phenomenon receptive to our intervention and empowerment efforts.
- At any given moment, it is a weather vane of our personal development.
- The more we learn about the aura, the better we understand ourselves.

Magical Mirror of the Universe And the Sphere of Sensation

Both of these are expressions used in reference to the human aura in esoteric literature and magical practice. Both are descriptive of magical perspectives relating to practices for self-development, psychic empowerment and personal growth. The etheric aura is the immediate sphere of sensation, and the aura as a whole is the magical mirror of the universe, reflecting the interaction between

personal energies and those from the cosmos.

There is more to the aura than reading the colors. It is not fixed at birth, but is a continuous expression of all that is going on in your body, mind, and spirit. It receives input from inside your whole system, and from outside environmental sources that include social, climatic, and even cosmic forces that are in constant interplay with our individuality.

In summary, the aura is your own personal mirror not only of health but of character, emotional strength, mentality, and spirituality. The aura can be strengthened, massaged, healed, enlarged, shaped, and charged with specific energies and energy forms for direct interaction with other entities. The aura is your personal psychic self-defense system. The aura is part of you that reaches out to touch and embrace a loved one. The aura is your shield against invasive sales, advertising and propaganda attempting to persuade you into decisions against your own best interests. (Of course, there is no substitute for rational and informed thinking, and plain common sense, but your auric shield is your first line of defense.)

As an aura visionary you have the ability to actively engage with your own aura for self-improvement and self-empowerment, psychic empowerment, and spiritual growth. The psychic skills you develop in viewing and interpreting your own aura are the critical foundation for the next step in personal empowerment: deliberately interacting with the aura system, activating its capacities, and using its resources.

It is through expanding our awareness, inwardly and outwardly, and exercising our skills by working with the details, that we grow at all levels of our being. Doing more with what we have increases what we've got. Functioning in the astral body becomes a natural extension of being. It is neither abnormal nor supernormal but it is

rare because most people do not make the effort—just as most people do not develop anywhere near either their physical or mental potential.

For most of us, normal physical development "happens," but to move forward on our evolutionary path we should make the effort to expand into the astral body and learn to center our waking consciousness to include both the physical and astral attributes. Later we can expand into the mental as well.

Imagination Makes It Real

One final addition to the techniques discussed is the use of your imagination to make things real.

Most likely you will not have immediate success with your attempts to see the aura in full color, but it is also likely that you will almost think you see the auras and colors. Go ahead and imagine that you do see it and let the colors rise spontaneously in your imagination.

The imagination is part of your Inner Vision, and imagining real things helps you to develop your Inner Clairvoyance. Nothing is only your imagination in a negative sense, yet we do have to recognize the difference between passively created images and those that are willfully created as powerful controlled visualizations. Such active imagination can change reality, and it starts in the shaping of astral substance.

It is the principle of gaining confidence and surety in regard to the astral body that is important here. With these experiments, you will have seen the astral body in the aura, and you will have experienced "mind outside the body." The next step, of course, is the out-of-body experience itself.

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[contents]

3
ASTRAL PROJECTION FOR GROWTH & EMPOWERMENT

In his earlier book on Astral Projection, Joe Slate wrote:

> There is probably no other human phenomenon so steeped in mystery, yet so potentially empowering, as the out-of-body experience. In the out-of-body state, consciousness is liberated with incredible power to explore itself along with other dimensions, including many wondrous astral or spiritual planes not commonly known to us. To experience this remarkable phenomenon is to discover new meaning to our existence as a conscious, enduring energy force in the universe.
>
> Astral Projection and Psychic Empowerment, 1998, Llewellyn

Nothing in human experience, unless it's the NDE (near-death experience), is so challenging and transforming as that of consciousness temporarily and deliberately set free of the physical body without the emotions of fear and regret that may initially be experienced after physical death.

Astral World "Reality" Transcends That of the Physical World

Astral projection is more than just being outside of the physical body. Just as the physical world has its own characteristics, so does the astral world—but these two worlds are vastly different, and the astral traveler can explore new dimensions, see with new

perspectives, expand his or her understanding, and grow through extended astral consciousness.

Astral Dimensions: There Are Four of Them

Yes, the lower sub-planes of the astral world do include a corresponding replica of the physical world, but physical scenery, buildings, edifices, etc. are not physically duplicated in the astral world, but astral vision enables the astral traveler to see more than what is offered by physical sight. Instead of the three spatial dimensions of the physical world, there are four in the astral (and five in the mental world). Each higher world incorporates particulars of the worlds lower to it and each is much larger, so you see more.

One astral traveler this author knew well exclaimed that the "mansion" I was then living in was much larger on the astral than the physical. It was a huge older stone building constructed in the 1890s for a lumber baron and had, in turn, been home to a number of prominent families and then functioned as an art school for twenty years before I bought it as a private residence and publishing office. It had been home to love, dreams, creative expression, ambition, pain, sorrow, and even suicide. All those years of emotion were added and incorporated into the astral replica.

The Substance of the Astral World: Emotion

Instead of physical substance the astral world has its own unique substance that some writers refer to as "emotional" because it is the foundation for our emotional consciousness just as the physical substance is the foundation for our physical consciousness, and the mental world substance—which we will discuss in a limited fashion in this book—is the foundation of our mental consciousness.

Don't let that word, emotional, become a stumbling block. Early

occult writers—eastern and western—spent a lot of time denigrating desires and the lower emotions (relating to anything below the belt) and describing the astral horrors around "gin palaces, beer bars, slaughter houses, and homes of ill repute" as seen clairvoyantly.

We all have physical, emotional, and mental consciousness, all related to different cosmic levels with each involving different substance and laws, yet all are brought together in the person we are right now. Because our consciousness is mostly centered in the physical world our emotional and mental consciousness is tempered and restricted by physical factors—including the limitations of the physical brain. It is the physical world that is central to our incarnate life, but we can expand our experience and understanding as we learn to also center our consciousness in these two higher states.

As you saw from the Seven Planes and Seven Bodies Chart in chapter one, our incarnating personality is a trinity of the physical/etheric, astral and mental/causal bodies. We should learn to relate to Body, Emotion, and Mind rather than the catch phrase of Body, Mind and Spirit.

St. Paul divided "Man" into a trinity of Body, Soul and Spirit, and we are incarnations of Spirit, but we are persons of Body, Emotion and Mind bringing the experiences and lessons of this life to the immortal soul at the end of each physical span.

The Nature of the Emotional World

It's important to gain some understanding of what the astral world really involves. It is not just an emotional arena of desires, passions, hopes and dreams, fears and aspirations. In one sense it is an enrichment of physical experience. Hunger, for example, is not merely a reaction of digestive acids acting in an empty stomach. Often it is combined with particular memories to become

"I'd like a pizza" or combined still further with thoughts and hopes calling for a "nice steak dinner for two with wine, soft music, and dancing."

Beyond the associations with physical appetites, we have hopes and dreams for our children, and we plan how we are going to provide for their college education. In our "emotional eye" we see their graduation ceremony, we share their excitement being hired for a good job, we see them getting married, and having children of their own. Emotion is combined with mental work, and the physicality of financial review and budgeting.

Even intense fear brings the mind into play as you plan on defending yourself and family against a home invader, and later investing in a home security system.

Emotion is far more than the "base appetites" that spiritual counselors will warn you must be repressed, and it is much more than the highest adoration of Deity and acts of charity they advocate. It's everything that makes life richer and with which you are "glad to be alive."

The Complexity of the Mental World

In the same way, mental consciousness is far more than abstract calculations of higher mathematics—and conscious awareness is different than physical awareness and emotional awareness. Mind brings sensations, feelings, and memories together with observations, analysis, forecasting, and planning in combination with understanding of the physical world of strengths, opportunities, and limitations.

As we grow beyond infancy, we add physical abilities and then a growing presence of emotion and later of mental functioning—always in combination.

Still, we have not only the familiar but ever-changing physical body, but the more stable emotional and mental bodies, and even

though all can be experienced together we should realize that we normally function with our consciousness centered in the physical brain. From that center, we draw upon emotional and mental powers, but we cannot experience the astral or mental worlds directly when our consciousness is centered at the purely physical level. Even when we have ecstatic emotional experiences, or are in the deepest meditation, we are still functioning from and limited by our physical base.

Mental & Astral Power Downward to Affect the Physical; the Physical Powers Upward to Affect the Astral & Mental

We've already compared the physical body to a vehicle, and stated that we can use our astral and mental bodies also as vehicles. Still, while mental and astral activities can affect the physical it is important to realize that the connection downward from astral to physical is different than upward from physical to astral. From the perspective of the conscious will, a different set of rules has to be understood and used.

It is by understanding this relationship between mental and astral to the physical that "Mind Power" is applied in healing, creative visualization, various forms of magick and miracle working, and great accomplishments of science, arts, invention, and all forms of technology and even humanitarian work.

We will discuss more of this later.

The Out-of-Body Experience: Liberating & Transforming

Out-of-body experiences (OBEs) and astral projection are paranormal phenomena in which the nonphysical astral body disengages from the physical body and consciously experiences

nonphysical realities. These out-of-body ventures of consciousness are
important to our growth because they part the clouds that obscure our vision and limit our awareness. OBEs, while affirming the duality of our incarnate existence as both biological and nonbiological, dissolve those clouds that fog and distort our perceptions and thwart our discovery of new knowledge. OBEs transcend the boundaries of our physical world to unveil new domains of power that can transform our lives. The out-of-body state, in liberating consciousness to soar, unlocks the door to our innermost being to uncover new growth possibilities, and lifts consciousness to new heights of understanding and power. Possibly the highest source of personal empowerment, and the best clue to the meaning of our existence, lies at the door of consciousness itself.

Personal consciousness is both a product and a process. As a product, it can be seen as the astral embodiment of a unique astral genotype, or cosmic genetic code, which represents the permanent structure underlying our individuality as a conscious entity.

In the incarnate state, consciousness with its cosmic code coexists with the physical body and its biological genotype or physical genetic code. In that sense, our astral genotype as embodied in consciousness is analogous to our biological genotype as embodied in physiology. However, each lifetime of incarnation of consciousness embodied in physiology is only one of many possible unions, with each union or incarnation representing a single instance of the unlimited possibilities for our cosmic potential.

From a purely spiritual perspective, consciousness can be seen as the product of the soul's indestructible essence and unique spiritual identity. The physical body, including the brain, exists simply as a temporary vehicle for infinite spirit. From this

perspective, the ultimate goal of body/soul interaction is spiritual growth, service to humanity and the planetary spirit, and personal fulfillment—even when brain functions fail and body parts wear out. As an old Nigerian proverb says, "However broken down is the spirit's shrine, the spirit is there all the same."

Personal Consciousness: An Ongoing Evolutionary Process

As a process, personal consciousness is an ongoing, evolutionary phenomenon in which our feelings, perceptions, and thoughts are in a state of constant interaction. Understanding that interaction and our capacity to voluntarily intervene and direct it is essential to our self-discovery and growth. A major goal of OBEs is to lift and empower consciousness to generate new, positive interactions within the self.

An integral part of personal consciousness is the subconscious mind, that vast storehouse of all experiences and potentials not currently available to conscious awareness. When consciousness is raised and empowered, we become increasingly aware of important forgotten past experiences as well as dormant growth potentials and an abundance of commonly unknown and ignored inner resources.

Raising Consciousness to Higher Levels

Raising consciousness to higher levels results in more than "enlightenment." It calls to us to make a firm commitment and concentrated effort to develop our potentials to their peaks—becoming more than we are—while contributing to global welfare and raising global consciousness. Progressively raising personal and global consciousness to new levels of enlightenment and responsible action is a vital necessity in the fulfillment of our appointed destiny. The out-of-body experience, possibly more than

any other human phenomenon, actively accelerates that vital process.

As a dynamic storehouse of all that has happened to us, consciousness is a complete and accurate archive of the way our lives unfold and evolve from life to life and level to level, and beyond. The amazing capacity of consciousness to continuously grind up, blend, and transform the ingredients of experience into meaningful realities remains a divine mystery.

In the out-of-body state, consciousness with its unique cosmic identity and constantly accumulating experience, is freed of biological constraints to perceive other realities. OBEs significantly expand our growth options, while manifesting the survival and developmental nature of consciousness independent of biology. From a spiritual perspective, we know this growth phenomenon as "astral travel," in which consciousness leaves the physical body and experiences distant realities, including higher spiritual dimensions, as sources of new insight and power.

The capacity of personal consciousness to disengage the biological body and function independently appears to be unique, or perhaps—as some literature and experiences indicate—paralleled only by the angelic kingdom. While there are other astral and spiritual entities, and there are astral bodies from the animal kingdom—in particular those animal companions to human beings, we have the unique ability to willfully center our consciousness in the astral body.

The Silver Cord

The generally accepted view is that the disengaged astral body remains connected to the physical by a shimmering stream of radiant energy called the "silver cord" which assures physical survival during out-of-body travel, not only to distant physical destinations but to intangible dimensions as well. However, it is

important to note that not all astral travelers see this silver cord so please do not be concerned at its absence, and do not become paranoid about the possibilities that this connection could be injured, broken, or deliberately cut by some malicious spirit. The only person who can affect the connection between the physical and astral bodies is you. And don't believe any stories about evil beings determined to kill "all the good guys."

The astral body is often described as an aura-like but uniquely recognizable form of bright energy. This perspective of OBEs asserts that personal consciousness and identity are imbued in the astral body. Death is seen simply as a growth transition accompanied by a disintegration of the silver cord and full liberation of our nonbiological being. Supporting this view are the observations of health-care professionals who often report an aura-like form rising from the physical body of dying patients.

A related view of OBEs holds that as we fall asleep, the astral body spontaneously slips out of the biological body and remains in that disengaged state of consciousness for the duration of sleep. Certain dream-like experiences, particularly experiences of drifting over terrain or traveling in space, are believed to be nonspecific astral travel. In a later chapter, we will present step-by-step procedures designed to induce out-of-body travel during sleep.

It should also be noted that astral thought-forms may be deliberately created to duplicate the physical body in appearance, and used as a vehicle for the astral consciousness.

Mind Over Matter—Spirit Over Body

OBEs suggest a complex interaction between the biological and nonbiological

dimensions of our existence. Physically, we are simply carbon-based organisms whose origin and destiny are carbon dust; but nonbiologically, we are unique, conscious, intelligent entities

whose source is spiritual and whose destiny is continuous growth and permanent survival beyond death.

Our biological system offers a tangible but temporary vehicle for growth—it equips us with the mechanisms required to engage our physical environment and interact with it. Included in that physical vehicle are the functions of the central nervous system and our basic physiological drives, such as hunger, thirst, sex, activity, and sleep—all designed to sustain our existence and facilitate our growth in this physical reality. Typically, our basic physical needs must be fulfilled before we can focus effectively on our higher consciousness needs, including our psychic development and spiritual actualization.

Although our biological functions are critical to our physical survival, at times achieving our loftiest goals requires postponement of physical gratification, forfeiture of material interests, and even risk to our personal well-being. Paradoxically, adversity and misfortune often provide the seminal conditions for our spiritual actualization and, on a larger scale, our cultural advancement.

When higher consciousness intervenes, even our physical survival can become secondary to our altruistic strivings, such as personal dignity, human rights, and freedom. A firm commitment to a noble cause can eclipse even our most basic temporal needs. We may sacrifice our lives for freedom or choose death over enslavement. Likewise, unwavering moral values can guide our mental, physical, and social conduct, even in the face of catastrophic life-threatening events. We may take extreme risks to our personal safety to rescue victims of a disaster or to aid an animal in distress. The fact that our physical drives are often secondary to our nonphysical strivings suggests a complex alliance in which consciousness and its strivings often transcend physiology and its needs.

Further reflecting our complex nature are the ongoing interactions between consciousness and physiology, many of which demonstrate the power of the mind over the body. Recent medical studies show that prayer, whether offered for oneself or for another, significantly promotes physical healing. Also, a sense of humor has been found to enhance our physical as well as mental well-being.

One of the most powerful health and fitness tools known is our capacity to deliberately initiate empowering experiences within the self. We can intentionally generate positive mental states that alter brain-wave patterns, forge new neural connections, repair damaged tissue, and even slow the aging process.

Conversely, negative emotions and a pessimistic, disempowering attitude invariably exact a severe toll on our total being. Whether empowering or disempowering, these experiences within the self clearly illustrate the remarkable capacity of consciousness to independently alter both mental and physical functions.

Psychokinesis & Mind Power

One of the most direct manifestations of the sheer power of consciousness is psychokinesis (PK), the human capacity to influence matter or motion independently of physical force. Whether it is used to directly influence matter, including inner biological functions, or to induce motion in an external object, PK offers further evidence not only of our dual nature, but also of the distinct dominance of mental functions over the physical body. Perhaps nowhere is that dominance more objectively illustrated than in the use of biofeedback. In a carefully controlled laboratory situation, biofeedback instruments can precisely record our physiological responses to various nonphysical stimuli such as mental imagery and suggestion. Among these are changes in heart rate, blood pressure, body temperature, galvanic skin response,

and brain-wave pattern.

Our power to consciously intervene in the so-called "autonomic" biological functions, including the neural activity of the brain, and to independently engage the physical body in healthful interaction suggests a host of important treatment possibilities in clinical settings, particularly for stress-related disorders. PK power is but another example of the supremacy of consciousness and the exciting possibilities of sheer mind power.

Hypnosis, Self-Hypnosis & Trance States: Consciousness Over Physiology

In hypnosis and self-hypnosis, along with certain meditation states, we see further evidence of the powerful role of consciousness over physiology. Hypnotic suggestions as instruments of consciousness are often designed to elicit highly specific physical sensations, including those required to deepen the trance state. On the other hand, they can be designed to initiate new, highly complex physical response patterns, such as those required to reduce physical tension, control pain, and fortify the immune system. In each instance, the power of consciousness to produce a desired biological effect provides another example of the complex physical/nonphysical interaction of our temporal existence in this earthly dimension.

If through interactive strategies such as biofeedback, hypnosis, and meditation we can deliberately engage the physical body to independently alter existing functions and initiate new ones, including those of the brain, it logically follows that we can deliberately disengage from the physical body and, in that disengaged state, function independently of physiology. This simple premise provides a reasonable rationale for OBEs as a growth and discovery phenomenon, not as an illusion or leap of imagination. In the final analysis, out-of-body travel and our

relentless search for meaning point inexorably to a logical conclusion: Biology is not destiny, but rather a transient vehicle for spiritual growth and discovery on this physical plane.

Like sleep, the hypnotic trance state often sets the stage for spontaneous out-of-body travel. It's not surprising then, that trance procedures, as described later in this book, can be purposefully structured to facilitate an easy disengagement of consciousness from the physical body, and initiate out-of-body travel for specific growth purposes. But even in the absence of a structured procedure or intent to produce the experience, many trance subjects, although untrained in out-of-body travel, will slip effortlessly out of body during the hypnotic state.

In the out-of-body state, the interaction between consciousness and physiology offers increased empowerment potential. As the physical body remains at rest, consciousness is liberated to engage itself with the highest sources of power. In that out-of-body state, positive, healthful energies can be generated and readily transmitted to influence physical functions. At a more advanced level, OBEs can tap into higher astral planes to access new sources of knowledge, healing, and power. A major goal of many OBEs is to generate a more positive, empowering interaction between the self and higher astral planes.

The Power of Conscious Choice <u>Can</u> Determine Destiny

The complex nature of our being and our capacity to disengage the physical body raise important questions regarding the nature of personal consciousness and identity. Our existence and the unique makeup of our individuality are often explained as simply the products of heredity and environment. The nature versus nurture controversy continues to speculate on the influence of these forces. Often missing from the equation, however, is the power of the

conscious self to choose and determine its own evolution. The single most important regulating force in our growth and evolution as human beings is personal choice. The quality of our lives in the present and the future is shaped by choice, not by chance or some predetermined destiny.

OBEs are a reflection of the energizing, indestructible life force underlying our existence. That powerful unifying force transcends all the influences of biology, culture, and environment. It is the essence of our existence as a conscious entity. In the out-of-body state, we experience that essence in its full splendor and glory.

The richness of the out-of-body state is characterized by liberation of personal consciousness that can illuminate our lives and expand our awareness of other realities—from the nearest physical location to the most distant celestial plane. OBEs can be as simple and spontaneous as a brief wandering beyond the body, or as complex and deliberate as an interaction with the highest dimensions of unlimited power.

In the out-of-body state, our awareness shifts outward and upward as we experience our existence externally and independently of our physical body. Our perceptions become more vivid and detailed. Cognitive abilities, such as creativity, memory, and problem-solving, increase. Our language limitations are usually exceeded, and our capacity for pleasure and social interaction is enriched.

Many spontaneous OBEs specifically lift personal awareness to a new level. All too often, we live a shrouded existence: enslaved by apathy, thwarted by circumstances, and consequently we are unable to act. OBEs can generate new visions by lifting the veils that dull our senses and dim our awareness. They can inspire peak moments of enlightenment, attune us to the universe, and empower us to transcend the limitations of our physical existence on this planet.

OBEs Facilitate & Stimulate Psychic Powers

In the out-of-body state, extrasensory perception (ESP) is nearly always heightened. In fact, among the most effective ESP training procedures known are those that utilize OBEs to activate psychic channels and stimulate psychic growth. Psychic impressions of the future (precognition); psychic awareness of the past (retrocognition); expanded insight concerning distant, unseen realities (clairvoyance); and mind-to-mind communication (telepathy) often occur spontaneously in the out-of-body state. Not surprisingly, expanded awareness of past lifetimes frequently occurs during the astral experience.

The out-of-body state can activate our highest psychic faculties. Although clairvoyance often occurs during the out-of-body state, OBEs cannot be dismissed simply as psychic impressions of distant realities (also known as Remote Viewing). Experienced clairvoyants who also report frequent OBEs describe the two phenomena as vastly different, both in their underlying dynamics and in the nature of the experiences themselves. Clairvoyance—the ESP of tangible objects, current happenings, and existing conditions—is a psychic facility requiring no out-of-body travel. Out-of-body travel, on the other hand, requires a disengagement of the astral from the physical and subsequent travel. Although the underlying dynamics of OBEs and ESP differ, the end results can be the same—expanded awareness and knowledge not otherwise available to us.

At the cutting edge of psychic science and technology are recent discoveries suggesting the amazing capacity of consciousness in the out-of-body state to simultaneously engage multiple realities, a phenomenon we call multi-location OBEs. The most common of these is bi-location or the simultaneous engagement of consciousness in two locations. Multilocation OBEs are not limited

to temporal realities; they can simultaneously engage multiple astral planes and initiate multiple interactions between them. This remarkable power of consciousness in the out-of-body state to simultaneously engage itself in multiple realities is called "astral span," a phenomenon that demonstrates our ability to transcend sensory perception and engage the universe outside of sensory stimulation.

Another astounding phenomenon sometimes associated with the out-of-body state is materialization, which is commonly explained as an astral transformation process, comparable to snow crystallizing from water vapor. Materialization can be seen as a tangible representation of astral energy in which thoughts, other intangibles, and in some instances distant tangibles assume a physical presence, often spontaneously. Materializations from this perspective can also include the conversion of the astral body itself into a visible energy form. Apparitions, including those collectively perceived, could be explained as the materialization of the astral energies of either discarnates or possibly, out-of-body incarnates.

From another perspective, materialization can be explained as a form of out-of-body psychokinesis (PK), or the psychic capacity to influence matter while in the out-of-body state. According to this view, materialization reflects the power of consciousness to literally transport and relocate material objects, as well as to amass energy and use it to produce visible replicas of material objects. Out-of-body PK, however, is not limited to the external materialization process. When focused on the physical body, PK can alter physiology and create biological change. In its highest and most elegant form, out-of-body PK could either repair a damaged organ or literally recreate a new one. Conceivably, this is one of the most important, yet most neglected, health and fitness resources of our time.

One popular theory about OBEs involves the role of consciousness as an etheric counterpart of the biological experience in the physical world. In this concept, OBEs are manifestations of the pure cosmic energy that sustains our consciousness while energizing our biological existence and helping us function in the physical domain. The energized biological system, in turn, provides a functional area for our spiritual evolution as a life-force entity. Our biological evolution equips us physically to adapt to the demands of temporal reality. Our spiritual evolution, on the other hand, is a continuous unfolding process of ascension to new levels of enlightenment and power. The result is a continuous, upward spiral of raised personal —and by extension, global—consciousness.

Our spiritual evolution, while continuous, is not always even. We experience rapid growth spurts and extraordinary quantum leaps, as well as periods of slowed growth and plateaus where our growth processes, while seemingly at rest, often position themselves for a future growth spurt. At times, a growth faculty may seem to falter or literally decline, but other faculties will forge ahead to fill in the void. OBEs are important to our development because of their capacity to energize and accelerate the growth spiral.

Our existence as a spiritual being transcends our biological limitations in both endurance and growth potential. The physical body is a magnificent creation, with complex organs, functions, and systems, all designed to work together in amazing harmony. Notwithstanding the genius of our physical design, our biological organs eventually wear out and our physical systems inevitably fail. Our biological destiny is physical decline and death. In contrast, our spiritual destiny is permanence and continued growth. The out-of-body experience is a preview of the unlimited possibilities awaiting each of us in that liberated, enriched state

beyond the gateway of death. If we retain conscious awareness of our individuality during the temporary out-of-body state, it follows that and final astral disengagement from the body, conscious awareness continues unaltered, or perhaps in even greater enlightened form. OBEs not only reaffirm our discarnate destiny, they facilitate our later transition to the other side and provide the important groundwork for our continued growth in the life-after-life realm of enriched existence.

Astral Projection Is the "Next Step" In Your Evolutionary Development

OBEs reveal wonders never before imagined, including an acute awareness of higher planes and intelligent astral entities who welcome our out-of-body visits and interactions. Through our experiences with advanced discarnates, angels, and ministering guides, our lives can be enriched and empowered with totally new growth possibilities. As Albert Einstein once wrote:

> The fairest thing we can experience is the mysterious. It is the fundamental emotion which stands at the cradle of true art and true science. He who knows it not and can no longer feel amazement is as good as dead, a snuffed-out candle.

OBEs manifest the unlimited power of human consciousness to probe itself, discover new realities, and interact with the highest of cosmic planes. Possibly more than any other human experience, OBEs reveals the permanence, beauty, and wonder of our existence by putting us in touch with our lives and helping us discover our highest spirituality.

Psychic powers are not incidental to our evolutionary advancement; rather they are essential to the process. Undertaking their conscious development accelerates personal growth at a most critical time in world history.

Astral projection is a vital contribution to this acceleration and to our ability to meet the challenges of this moment. Astral experiences ignite psychic development and the expansion of consciousness necessary for new knowledge and understanding of the cosmic adventure that is our origin and our destiny. The experience of astral consciousness is the "next step" necessary to move forward, to make the transition into the real New Age that will be a reality for those willing to commit themselves to becoming more than they are.

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4

SPONTANEOUS VS. INDUCED ASTRAL PROJECTION

I only ask to be free. The butterflies are free.

—CHARLES DICKENS, BLEAK HOUSE

REACHING BEYOND OUR PHYSICAL LIMITATIONS

Out-of-body experiences are critical to our development as evolving souls. By reaching beyond our physical limitations, they can connect us to totally new sources of knowledge and personal enrichment. They empower us to experience distant realities, both temporal and spiritual. At a highly practical level, they can be an important source of information relevant to present-life situations, including problem-solving and decision-making. Beyond that, they can clarify the spiritual nature of our existence by connecting us to higher sources of enlightenment and power. Given the forceful dynamics of the out-of-body experience, abundant life beyond death becomes a reasonable expectation for everyone.

Astral Projection's Pioneer Explorers

The out-of-body experience is among the topics explored by numerous writers, including some very early on who were themselves practitioners of out-of-body travel. Among the most familiar are Robert Monroe, Oliver Fox, Sylvan Muldoon, and Hereward Carrington. Other writers, including Emanuel Swedenborg and Honoré de Balzac, also wrote on the topic, and in some instances detailed their own personal experiences,

occasionally through their fictional characters. Fox, an early poet and short-story writer, is today remembered primarily for his 1939 book on lucid dreams and astral projection. Both Too and Muldoon described highly detailed induction techniques, such as visualization of oneself flying or ascending an elevator during the drowsy stage of sleep. Monroe introduced the term OBE and established an institute for the study of the topic along with other altered states of consciousness. Waldo Vieira, a physician who reports numerous personal OBEs, also wrote extensively on the topic. These are only a few of the theorists and researchers who have contributed significantly to our understanding of this potentially empowering aspect of human behavior.

Astral Projection Expands Awareness

The out-of-body experience has in recent years gained increasing attention because of its profound empowerment potential. We now know that the out-of-body state is a natural state of human consciousness that is both safe and essential to human development. Exaggerated fears often associated with OBEs are typically based on either a misunderstanding of the dynamics of the phenomenon or insecurity related to self-discovery. Insight into the nature of OBEs not only increases our understanding of ourselves, it has nearly unlimited application. Through the out-of-body experience, you can acquire new insight into your basic nature and a deeper appreciation of yourself as a person of worth with limitless growth possibilities.

It's during the out-of-body state that new potentials are often awakened and advanced skills often emerge. Aside from accessing external sources of power, OBEs can awaken dormant powers within the self. New intellectual and creative potentials are often activated as blockages to growth are dissolved. Feelings of inferiority, insecurity, and failure are all submissive to the out-of-

body experience that heightens our awareness of ourselves. Inner sources of enlightenment, including experiences buried in the subconscious, are often uncovered during the out-of-body state. As we'll later see, even healing and rejuvenating interactions can be generated through OBEs.

Although the out-of-body state can be voluntarily induced through specially designed strategies, some of our most profound OBEs are spontaneous. The experience unfolds effortlessly, and it typically runs its course independently of our intervention.

Not unlike voluntarily induced OBEs, the spontaneous experience is always purposeful and growth-oriented. It can occur during the drowsy, hypnagogic state that occurs just before falling asleep, or it can occur during sleep, often as a lucid dream. One theory, if fact, holds that sleep itself is an out-of-body state, since the astral body is believed to disengage the physical body and remain suspended over it during sleep.

The spontaneous out-of-body experience can be as simple as the viewing of a distant reality or as complex as the merging of dimensions, including the near-death experience (NDE). It can expand our awareness of the subconscious mind to reveal our inner drives and strivings, or it can lift conscious awareness to the highest level of spiritual insight and power.

Case Study: OBE Attorney Visit to Court Room. Even when they involve the ordinary concerns of daily life, spontaneous OBEs can be profoundly empowering. An attorney, for instance, experienced a spontaneous, out-of-body visit to the unfamiliar courtroom where he was scheduled to defend a client who was wrongfully accused of a crime. Traveling out-of-body during the drowsy state preceding sleep, he visited the courtroom located in a distant city on the evening prior to the trial. Lingering in the vacant courtroom, he mentally interacted with the setting and established a powerful

connection to it. By his report, his out-of-body presence "charged the setting with positive energy." He admitted, however, that his out-of-body experience also energized himself with powerful expectations of success. Throughout the trial, he was by his own admission at his peak of effectiveness. He attributed the successful outcomes of the trial to the empowering effects of the preliminary out-of-body experience.

Out-of-Body Learning During Sleep

Case Study: OBE Celestial Classroom. The spontaneous out-of-body experience can unfold as a series of complex interactions related to present strivings or specific life situations. A psychology graduate student undergoing tutoring in German reported a succession of out-of-body experiences that rapidly accelerated his mastery of the language which was required for his doctoral degree in psychology. The OBEs, which occurred spontaneously during sleep, transported him to what he called a "celestial classroom" where he was instructed in the language by advanced linguistic specialists. In that spiritual setting, during a state similar to lucid dreaming, he quickly acquired both reading and speaking fluencies in German. In retrospect, he attributed the productive series of OBEs to two conditions: first, his strong motivation to learn the language within a stringent deadline, and second, his practice of reviewing his progress each night before falling asleep. Together, these conditions seemed to set the stage for spontaneous out-of-body visitations to the astral classroom. Although the acquisition of skills during sleep is typically considered a form of "sleep learning," the incorporation of OBEs into the learning situation during sleep can dramatically accelerate the rate of learning.

Case Study: OBE Physics Study. In a similar situation of out-of-body learning, a graduate student majoring in physics experienced

spontaneous travel during sleep to what seemed to be a higher spiritual realm. Upon entering that realm, he was escorted into an instructional setting where learning specialists introduced the group of students to highly advanced principles of physics, including some which were outside conventional knowledge of the topic. His out-of-body visitations to that realm seemed to be activated by conditions similar to those of the psychology student: (1) a strong motivational state related to a specific body of knowledge and (2) a pre-sleep reflection upon recently acquired knowledge related to the topic. As a result of his spontaneous visit to the spirit realm, he conducted an ambitious research project designed to investigate his recent out-of-body discoveries. His doctoral dissertation based on his out-of-body discoveries received wide recognition as a significant contribution to his field of study.

Based on numerous accounts of spontaneous out-of-body travel to distant realms of knowledge, a program was designed by the Parapsychology Research Institute and Foundation (PRIF) in 1991 at Athens State University to investigate out-of-body learning during sleep.

THE SLEEP-LEARNING PROGRAM

Introduction. The sleep-learning program, also called Celestial Learning, is based on the premise that bodies of knowledge presently unavailable to conscious awareness exist in the astral realm and can be acquired through spontaneous out-of-body travel during sleep. The program recognizes individual differences in rates of learning and the possibility of accelerating learning through out-of-body interactions during sleep with advanced learning specialists.

PRE-SLEEP STEPS TO OUT-OF-BODY LEARNING PROCEDURE

Celestial learning emphasizes two critical conditions related to out-of-body learning during sleep:

1. Clearly formulated affirmations related to a specific goal (Example: I am becoming fluent in German)

2. Review during drowsiness on previous learning experiences related to the designated goal.

Summary of Purpose and Benefits: The study found that students actively engaged in a variety of learning situations experienced a rapid improvement in the rate of learning as well as retention through celestial learning. The program, rather than directly inducing out-of-body travel, simply established the pre-sleep conditions conducive to spontaneous travel.

Celestial learning recognizes that reviewing past learning immediately before sleep is among the best ways of improving retention. When the review is followed by related OBEs during sleep, not only is retention improved, but totally new learning often emerges. Celestial learning is now practiced widely among college students as a means of acquiring new knowledge and promoting retention while improving test performance.

Spontaneous OBEs & Personal Goals

Case Study: OBE Law Firm Visit. Spontaneous OBEs often relate to crucial personal issues, such as important career decisions. Along that line, a law student experienced a series of OBEs that seemed to pave the way for his future affiliation with a prestigious law firm. In the out-of-body visits, which typically occurred during sleep, he entered the building where the firm's offices were located, observed the firm's work in progress, and viewed the exact office he would later occupy. These frequent visits oriented him to the firm's activities and crystallized his plans to join the firm. He began to see his affiliation with the firm as his career destiny. Upon completing his law degree, he applied for the position and was the firm's first choice from a long list of applicants. He is today convinced that the out-of-body visits,

though spontaneous, generated a self-fulfilling expectancy effect that empowered him to shape his future with the firm as a highly successful trial attorney.

Spontaneous OBEs & Psychotherapy

Along another line, spontaneous OBEs are often relevant to a wide-range of mental health concerns. They are, in fact, among our most efficient and effective therapeutic agents known. Through the out-of-body state, we can become more finely attuned to the inner therapist who knows us best and is ready to intervene in our behalf. As a result, solutions to personal problems often emerge effortlessly, disturbed and painful relationships are resolved, and distressing anxieties become less catastrophic. We become more effective and creative in working through the various layers of complicated barriers to our growth and self-fulfillment.

Case Study: OBE Therapeutic Fear Release. A spontaneous out-of-body experience was all it took to liberate a pre-med student from her distressing fear of heights and thunder storms. Extensive psychotherapy over the years failed to extinguish the fears. Finally, while relaxing alone in her dorm room late on a rainy Saturday afternoon, she spontaneously entered the out-of-body state. Having previously been trained in out-of-body travel through an undergraduate course in parapsychology at Athens State University, she immediately recognized the spontaneous state and decided to flow with it. In that passive out-of-body state, she experienced a peaceful lifting sensation as if drawn by a gentle force high above the earth. From her lofty overhead position, she looked down upon a gathering thunderstorm, but instead of fear, she felt secure and in full command. She calmly watched as the storm clouds below grew in not only intensity but beauty as well. The storm finally ran its course, and as the clouds slowly vanished,

she spontaneously returned to her body at rest. The out-of-body experience thus ended, she knew clearly that his fears of both heights and storms had vanished. The spontaneous out-of-body experience changed her perception of heights and storms, and fully liberated her from both fears that together had restricted her life.

Dramatically expanding the therapeutic possibilities of spontaneous OBEs are the abundant resources of higher astral planes. The empowering effects of higher plane interactions can be profound and enduring. Promoting recovery from life-threatening illnesses, liberating feelings of inferiority, resolving inhibiting conflicts, accelerating learning, improving memory, building self-confidence, and increasing creativity are but a few of the possibilities. Although the mental and physical healing powers of higher planes have long been recognized, only recently have we developed the technology required to deliberately tap into these abundant resources. Awareness of those resources, including ministering guides and growth specialists, is alone empowering, but when we interact with them either spontaneously or deliberately, their enriching potentials are amplified and increased beyond all limits. They are, in fact, among the most powerful healing and growth resources known.

Case Study: OBE Grief Resolution I. Perhaps nowhere is the therapeutic power of spontaneous OBEs more evident than when we are faced with adversity and loss. Soon after the sudden death of an older brother in construction accident, a college student experienced a spontaneous out-of-body interaction with him in a beautiful garden-like setting that, in her words, “glowed with bright energy.” Comforted by her brother’s bright presence in the colorful setting, she felt the grief of her loss slowly lifting. Upon returning to her body, she knew with certainty that he was safe and at peace on the other side. The spontaneous out-of-body interaction with her brother not only relieved the pain resulting

from his sudden death, it gave reassurance of life beyond in another reality of indescribable beauty.

Case Study: OBE Grief Resolution II. In another instance of therapeutic out-of-body travel, the parents who were coping with the recent death of their young child experienced together the afterlife realm during the drowsiness stage of falling asleep. Spontaneously, they traveled out-of-body, hand in hand, to a glowing dimension of colorful layers of light that sent forth, in their words, "beautiful streams of love and peace" that fully infused them. Upon their return to the physical, the energizing effect of the interaction lingered as they reflected on the experience. Although the mutual experience did not include directly interacting with their child, it nevertheless gave unmistakable assurance of life . The spontaneous out-of-body experience was to become the turning point in their recovery from grief.

Spontaneous OBEs & Healing

Case Study: OBE Healing Experience. In times of critical illness, spontaneous OBEs can foster healing, both mental and physical. Following a two-year battle with a severe respiratory disorder accompanied by depression, a university professor of English spontaneously experienced an out-of-body interaction with the healing power of higher realms. The experience occurred as she relaxed at home after an afternoon class lecture on the Greek classics.

Here is her report:

> While resting in my bedroom on a rainy afternoon, I suddenly felt very light and free, as if I could go anywhere or do anything. I was then enveloped in a warm, glowing mist that seemed to soak deep inside and lift me gently away from my body. Suspended over my body, I heard an echo-like voice

assuring me that I was protected and loved. Everything suddenly turned white like clouds, and I knew with certainty that I was experiencing the other side of life. Lingering momentarily in that suspended state, I felt only pure love. I then gently returned to my body. All fear of death had vanished, and my total outlook on life had changed.

The profound interaction not only initiated a rapid recovery from her illness, it generated a period of accelerated growth that gave new meaning to her life.

As illustrated by these examples, spontaneous OBEs can be significant sources of enlightenment, power, and healing. They can, in fact, be critical turning points in our lives. They can lift us to our highest peaks of possibilities and affirm with certainty our ability to achieve them. They can uncover and resolve the subconscious sources of our fears and uncertainties. They can access the abundant resources of higher planes to meet our most urgent needs. They can give us realistic glimpses of the other side and manifest the transforming power of our future transition. They can reveal our future existence beyond as the culmination of our brightest dreams and highest hopes. They can uncover a dimension in which the effects of aging, illness, injury, disappointment, and oppression are replaced by the best that the universe has to offer.

Induced OBEs for Growth, Development & Success

Given the empowerment potential of spontaneous OBEs, imagine the possibilities of the deliberately induced experience. Fortunately, programs are at last available to do just that. You can voluntarily travel out-of-body to designated destinations and explore heretofore unseen realities, including those reaching to the far ends of the universe and even beyond. You can deliberately enter the out-of-body state and focus it on specific goals, including those related to careers, personal adjustment, enrichment, happiness,

health and fitness, and even financial success. No destination is beyond your reach and no goal is beyond your attainment once you've mastered the out-of-body principles and techniques presented in this book. That, in fact, is the central theme of this book.

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5
OBES IN THE LABORATORY

There is nothing so powerful as truth
—and often nothing so strange.
—DANIEL WEBSTER

SCIENCE CHALLENGES THE UNKNOWN

Scientists, philosophers, theologians, and educators are all participants in the timeless search for new and better ways of understanding human behavior and the nature of our existence in the universe. Although their methods and approaches may vary widely, their goals are essentially the same: to explore the unknown and expand the borders of knowledge.

Increasingly, researchers from many disciplines are questioning conventional methodologies and established assumptions about human existence and reality. They recognize that scientific fact and fiction often collide as yesterday's fiction becomes today's science, and today's science becomes tomorrow's fiction. They also recognize that what we know today is but a small fraction of what remains unknown.

Scientific Studies of the Out-of-Body Experience (OBE)

Among the most challenging and potentially rewarding topics of scientific study is the out-of-body experience. Scientific probes of the out-of-body experience can yield a better understanding of our existence in the physical world as well as the nature of the nonphysical. Through controlled investigations, we can uncover

the underlying dynamics of the out-of-body state. We can identify the variables associated with successful OBEs, and discover the relationships between OBEs and other states of consciousness. Under controlled lab conditions, we can develop the procedures required for inducing the out-of-of-body state and directing it toward specific empowerment goals. We'll discover that even visitations and interactions with the spiritual realm are not beyond the reach of the out-of-body experience. Finally, we'll discover that scientific research can replace speculation with fact, and provide the foundation for further study.

The studies that follow were designed to investigate the out-of-body state and remove the shroud of mystery that all too often clouds our understanding of this potentially empowering phenomenon.

Electrophotography & the Out-of-Body Experience

In our effort to identify the nature of the out-of-body state, and to develop effective quantifying and monitoring methods, we designed a series of studies in which electrophotography was used to obtain photographic recordings of the right index fingerpad during an induced out-of-body state.

Developed by the Russian scientists Semyon and Valentina Kirlian, electrophotography, also known as Kirlian photography or corona-discharge photography, was originally hailed as a window into the unknown, a way to see the "unseeable," which could revolutionize our concept of ourselves and the universe. Psychic researchers in the United States concluded that the Kirlians had photographed the energy or astral body, thus providing a new technique for exploring the energy body and ESP. Although these applications of electrophotography were discredited by some, much of the subsequent radiation field photography research corroborated the earlier findings of the Russian scientists, which

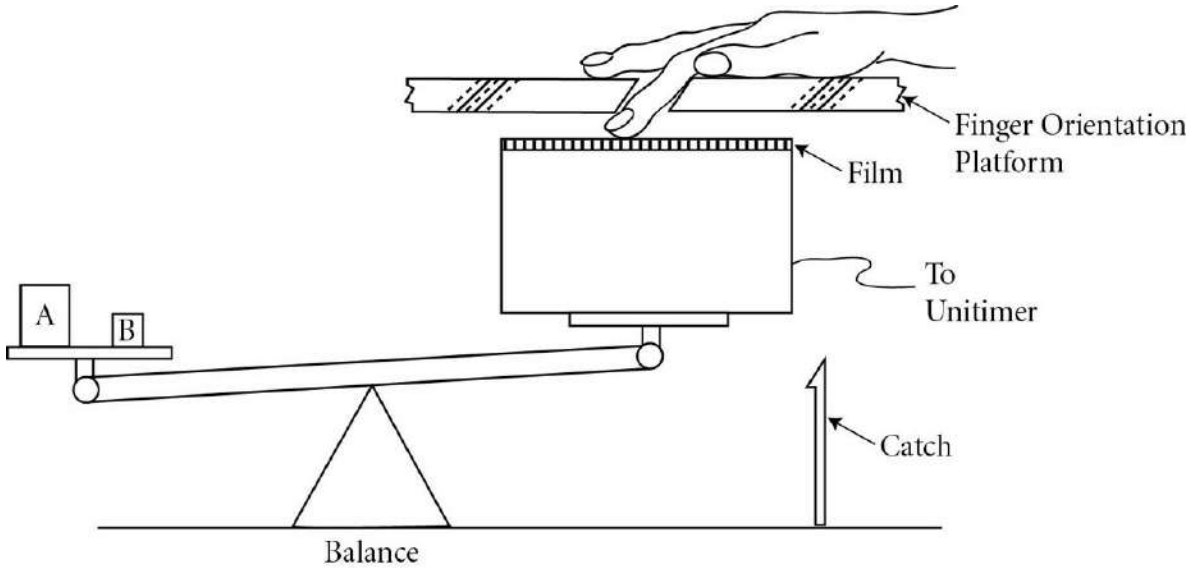
continues to stimulate interest in the electrophotographic technique.

Lab Study: OBEs & Electrophotography. Electrophotography is a type of high voltage photography in which a corona discharge typically appears around the specimen being photographed. In our research, that specimen was the right index finger pad. Since the fingers are often thought to be the physical body's antennae for interacting with the world, and since the orientation and control of the finger pad can be easily maintained in the experimental situation, the right index finger pad provided the ideal body part for our electrophotographic research. For these research efforts, which began in 1977 and spanned three decades, we established an experimental laboratory at Athens State University (then College) and devised an experimental situation in which the energy patterns surrounding the right index finger pad could be monitored during the out-of-body state.

Our studies were conducted in an experimental laboratory, with the subject reclining comfortably on a couch and the right index finger resting in a specially designed photographic apparatus called the Finger Orientation and Pressure Control Device which provided constant control of both finger orientation and pressure applied to the fingerpad surface as it rested upon film. All parameters, including electrical, environmental, and moisture content of the finger pad surface were carefully controlled and held constant for the series of studies.

Our electrophotographic research began with a thirteen month project (1977) funded by the U.S. Army Missile Research and Development Command of Huntsville, Alabama. That early effort was designed to investigate electrophotography and its possible application in the military setting, including the stability of military personnel in a forward position. A six-month follow-on research project (1985) funded by the Parapsychology Foundation of New

York was then implemented to investigate the trends, patterns, and individual differences in electrophotographic patterns and relate those characteristics to other variables, including the effect of the out-of-body state, on the electrophotographic recordings. These early groundbreaking efforts were followed by numerous additional studies conducted under the auspices of the Parapsychology Research Institute and Foundation (PRIF) and other private funding sources. The central focus of our research from its earliest beginning was twofold: (1) discovering new knowledge, and (2) developing its self-empowerment applications.



Finger Orientation & Pressure Control Device—Detailed

Finger Orientation & Pressure Control Device

Taken together, our electrophotographic research projects over the years found that finger pad electrophotographic patterns varied widely among individuals while remaining basically stable for each individual, with certain corona-discharge characteristics tending to recur at specific locations. These distinguishing characteristics, which we called the individual's electrophotographic signature, include: streamers, in which a stream of energy extends radially from the finger boundary; symmetry, in which evenly distributed and symmetrical corona discharge patterns form a perimeter around the fingerpad; voids, in which no corona discharge activity occurs; streamerless points, in which points of streamer origin are noted but without streamer activity; and curvatures, in which an arc tends to mark the boundary for radial movement of the corona discharge. Gender differences were noted, with the electrophotographic patterns for women tending to be more symmetrical and the streamer activity more evenly distributed.

Out-of-Body State Distinguished From Other Altered States

Lab Study: OBEs & Broken Corona Effect. Although pattern stability or the electrophotographic signature was noted during the normal or "no-treatment" state for all subjects in our studies, profound changes in corona-discharge activity occurred with the introduction of altered states, including the out-of-body state. For all subjects who successfully entered the out-of-body state, the corona-discharge pattern surrounding the right index finger pad separated to form two distinct parts, a phenomenon we call the broken corona effect. Although our research included investigations of other altered states, such as hypnosis and past-life regression, the broken-corona effect was noted only for the out-of-body state, a finding which suggests that the out-of-body state is unlike any other mental and physiological state. This unique effect, which occurred at the point of astral disengagement, characterized only the successful subjects, and continued for the duration of the out-of-body experience. When the out-of-body state ended, the broken-corona effect disappeared, and the electrophotographic pattern returned to normal.

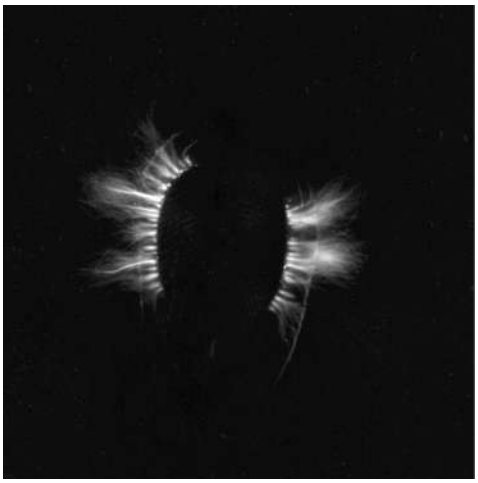
In each of our follow-on or replication studies, the broken corona effect was consistently observed during the out-of-body state for subjects of varying ages and background characteristics. As a result of these investigations, we can now objectively monitor the out-of-body state and more effectively develop and evaluate various out-of-body induction and management procedures. Many of the induction procedures and techniques presented in this book were, in fact, developed in our laboratories under highly controlled conditions in which the out-of-body experience was carefully monitored using electrophotographic technology.

Remote-Image Phenomenon

Occasionally, a feature known as the remote-image phenomenon will appear in the electrophotographs of both male and female

subjects. This interesting feature consists of either a small, intense point of light, or a cluster-like image, both appearing
beyond the normal area of corona-discharge activity. Because it appears outside the subject's normal range of electrophotographic pattern, this phenomenon could arguably signal an external astral influence, including the possible presence of a ministering guide or guardian entity. Only rarely will two remote images appear in the same electrophotograph, a phenomenon which could suggest the presence of two astral entities or influences. It appears plausible that other remote images would appear when the range of electrophotographic recording is expanded. The photographs below illustrate the remote image phenomenon observed in the controlled lab setting for two subjects immediately prior to out-of-body induction.

Normal State



Out-of-Body State

Broken Corona Effect, 21-year-old Male Subject

Normal State

Out-of-Body State

Broken Corona Effect, 19-year-old Female Subject

Our research found that the remote-image phenomenon occurs with far greater frequency in the photographs of subjects immediately before they enter the out-of-body state. Arguably at least, this could be due to the fact that the out-of-body state seems to facilitate a variety of empowerment interactions with the astral realm and its facilitating entities. The astral realm, possibly in anticipation of that interaction, responds even before the out-of-body state is induced. The occurrence of the remote-image phenomenon, with its intense concentration of energy just prior to astral projection, suggests that the astral realm is poised and ready to provide support and guidance during the out-of-body experience.

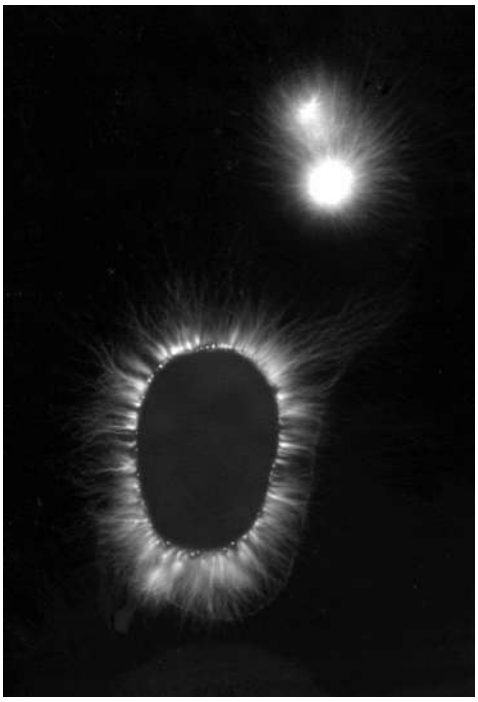
Out-of-Body Extrasensory Perception

If viewed as a phenomenon in which the astral body is temporarily disengaged from its biological double, the out-of-body state raises important questions about the nature of both sensory and extrasensory experience. Psychic research has clearly demonstrated the human capacity to perceive distant realities independent of known sensory channels. Such an extrasensory capacity, commonly called clairvoyance, would plausibly continue in the

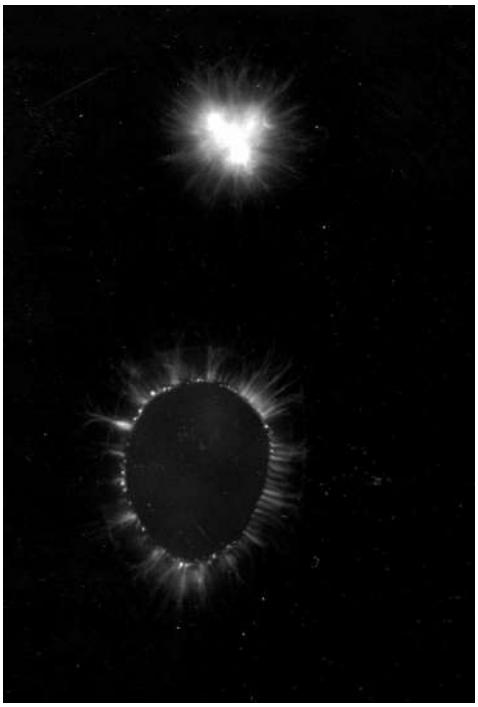
detached state of astral projection from the physical body. The out-of-body state of awareness could diminish, or perhaps completely remove the physiological limitations of perception through bypassing our biological mechanisms, thus freeing us to perceive distant realities in a very direct and pronounced super-sensory mode. From that perspective, all out-of-body experiences—which are typically clear and distinct—could be considered extrasensory, in that the out-of-body state requires a separation of the astral from the biological body and its sensory mechanisms. The result is a state of consciousness which is liberated from all biological constraints.

Lab Study: OBEs & the Alcohol Container. In our efforts to determine the nature of perception in the out-of-body state, we designed a laboratory study in which experimental subjects in the induced out-of-body state were given the task of identifying an open container of ethyl alcohol which had been placed among other containers in an adjacent laboratory. The volunteer subjects of the study were twenty undergraduate students (ten men and ten women) who had participated in a training program designed to develop skill in self-inducing the out-of-body state at will. The subjects ranged in age from twenty-two to twenty-nine years.

Ten open pint containers, nine filled with water and one filled with ethyl alcohol, were placed two feet apart on a table in the laboratory. The placement of the containers in numbered positions was determined by a laboratory assistant who was absent for the OBEs exercises and who alone knew the location of the ethyl alcohol container.



28 year-old Female



26 year-old Male

Remote-Image Phenomena

Each experimental subject was individually guided into the induced out-of-body state using the OBE Levitation procedure as

presented in this book. Prior to induction, each subject was instructed to use the out-of-body state as a vehicle to enter the adjacent laboratory and identify through the sense of smell the open container of ethyl alcohol. Upon returning to the normal state, the subjects recorded their response on a record form. Following each trial, the ten containers, all identical in appearance, were randomly rearranged by the laboratory assistant who then exited the lab. The trials were conducted once daily for each subject over a five-day period.

On the first trial, seven of the twenty subjects, while in the induced out-of-body state, correctly identified the container of ethyl alcohol. On the second trial, the number increased to eight; and on the third trial, it increased to nine, where it remained for the fourth trial. On the fifth and final trial ten of the subjects correctly identified the location of the ethyl alcohol container. Four of the twenty subjects correctly identified the container on all five trials; whereas six of the twenty subjects were unsuccessful on all trials.

In follow-on interviews, the successful subjects typically expressed confidence in their ability to enter the out-of-body state, and all reported the capacity to sense the odor of ethyl alcohol while in that state. The unsuccessful subjects were certain neither of their success in achieving the altered state nor of their capacity to specifically sense the odor of ethyl alcohol—though some did report sensing other laboratory odors. Those subjects who were successful on all trials, or who had missed only one of the five trials, typically reported a high degree of certainty that they had successfully achieved the out-of-body state, while the subjects who were unsuccessful on all trials typically reported uncertainty. An overall accuracy rate of 43 percent was observed. The probability of a correct response was .10.

The results of this study suggest that practice in OBEs improves the capacity of subjects to experience the out-of-body state and to

perform more accurately on designated out-of-body tasks.

One could argue that out-of-body travel to an adjacent laboratory is a far cry from out-of-body travel to distant physical locations or even more so to nonphysical realms, to include the afterlife. Nevertheless, the ability to disengage the physical restraints of experience does raise many interesting possibilities, some of which are illustrated by the many personal reports we will later discuss.

Physiology of the Out-of-Body Experience

OBEs occur when the astral body disengages its biological counterpart, a process which seems to be facilitated by a peaceful state of mind accompanied by a reduction in the biological processes related to stress. To determine the specific biological correlates of OBEs, an experimental situation was designed in 1991 at Athens State University in which various biological measurements were obtained during the out-of-body experience.

Ten parapsychology students, all skilled at self-induction of the out-of-body state, volunteered to participate in the study, which was conducted in a carefully controlled laboratory setting. With each subject resting comfortably on a couch, electromyograph (EMG), galvanic skin response (GSR), brain wave activity (EEG), blood pressure, pulse rate, and right index finger temperature measurements were obtained before, during, and after the out-of-body experience. With the exception of the lab technician who obtained the physiological measurements, the experimental subject was alone in the laboratory during the experimental session. Along with pre- and post-OBE physiological measurements, ten-minute interval measurements were obtained by the technician for the duration of the out-of-body state. Upon conclusion of the experimental session, the subjects were interviewed to obtain their personal assessment of the experience.

In the post-session interviews, all ten subjects reported success in entering the out-of-body state. The physiological measures obtained indicated marked changes in biological functions for the duration of the OBE. For all subjects, the recorded changes in EMG indicated a deeply relaxed physical state, while changes in EEG suggested the alpha state. Finger temperature increased for all subjects, while pulse and respiratory rates decreased. These changes occurred early in the out-of-body state, and remained relatively constant for the duration of the experience.

Final measurements obtained upon conclusion of the out-of-body state indicated a rapid return to the pre-OBE level for all physiological parameters.

Sleep & the Out-of-Body Experience

Certain characteristics of the sleep state, as well as the pre-sleep state called hypnagogic, appear particularly conducive to OBEs. With the physical body at rest, the biological constraints that could inhibit astral travel to distant destinations become increasingly relaxed. As previously noted, one view of OBEs holds that sleep itself is an out-of-body state, and that many of our so-called "dream experiences" are literally OBEs.

Whether sleep is an out-of-body state or simply an altered state conducive to out-of-body travel, it remains plausible that strategies could be developed to facilitate OBEs and out-of-body travel to desired destinations during sleep. To investigate that possibility, we developed a study in which certain pre-sleep techniques were applied to induce OBEs during sleep. The major purpose of the study was twofold: first, to investigate the effectiveness of the pre-sleep procedures in promoting highly specific OBEs, and second, to determine the validity of the out-of-body experience itself.

Lab Study: OBEs & the Jade Horses. The subjects of the study were twenty Athens State University student volunteers (ten men

and ten women), all dormitory residents, whose ages ranged from eighteen to twenty-four years. The subjects had completed at least one college-level course in parapsychology that included instruction and guided practice in inducing the out-of-body state. All of the subjects had previously experienced successful out-of-body travel to a designated location.

The participants of the study were instructed to induce out-of-body travel through pre-sleep autosuggestion, and while in the out-of-body state, to identify an object that had been placed by a research assistant on a table centrally located in the college's parapsychology laboratory. The identity of the object was known only to the research assistant who had selected it randomly from nine other objects, none of which had been viewed by either the project investigator or the subjects. The pre-sleep autosuggestions, which were presented in the subject's normal sleep setting just prior to falling asleep on a designated date, consisted of the following:

> As I sleep, I will be free to travel to the laboratory and view the object which has been placed on a table in the center of the room. Upon awakening, I will have full recall of the out-of-body experience.

Images of the laboratory and its location on campus were then formed, and additional autosuggestions directing travel to it were presented as sleep ensued.

Immediately upon awakening, participants in the study recorded their out-of-body travel experiences in an OBEs journal. Analysis of the results of the study indicated that all subjects appeared to have successfully entered the out-of-body state and, during that state, entered the experimental laboratory. A total of eight men and seven women successfully identified the critical elements of the previously unseen object—an artist-signed jade carving of two

horses in shades of green and pale lavender—mounted on an ebony base. Three of the remaining five subjects identified the jade carving but were unsuccessful in identifying the object's other critical elements. The remaining two subjects were unsuccessful in identifying any of the object's critical elements.

Lab Study: OBEs & Model Train. In a replication of the study using a second population of twenty parapsychology students, all conditions were held constant, with the exception of a different object—a model train with four boxcars and a caboose. As in the previous study, all subjects reported successfully entering the out-of-body state and traveling out-of-body to the laboratory. However, only six men and four women correctly identified the object and its essential elements. Somewhat to our surprise, however, three men and two women successfully identified the train's manufacturer, which was printed in small white letters on the side of the engine.

The results of this study were sufficient to suggest that out-of-body travel during sleep could be deliberately self-induced to access highly specific information not otherwise available to us. A follow-on study as detailed in the following discussion was then designed to further investigate that possibility and develop effective procedures related to it.

Inducing and Managing OBEs During Sleep

The extent of spontaneous out-of-body travel during sleep is unknown. Many persons recall frequent travel, and some report that it is a nightly occurrence. Others, however, never recall experiencing the phenomenon. Some skilled out-of-body travelers report success in voluntarily directing out-of-body travel during sleep to desired destinations through a variety of induction and management procedures. The purpose of the following three-phase study was twofold: first, to explore the procedures used by

successful subjects to induce out-of-body travel during sleep, and second, to develop an effective procedure for stimulating OBEs during sleep.

Lab Study: OBEs, Sleep Induced—Phase I. In Phase I of the study, fifteen volunteer college students (nine men and six women), all of whom had reported success in their use of the sleep state to induce out-of-body travel, were interviewed to gather information concerning the techniques they used. All of the subjects, whose ages ranged from twenty-one through twenty-nine, had completed a college course in experimental parapsychology at Athens State University and had acquired advanced skill in astral traveling to target destinations both during sleep and independently of the sleep state. Following is a summary of the interview results:

PRE-SLEEP PREPARATION FOR ASTRAL TRAVEL PROCEDURE

Introduction. Since spontaneous astral projection does occur during sleep, why not make the most of it! The procedure is intended prepare the body, to establish intention and protection, set goals, and form images of the desired destination for astral travel.

1. Physical relaxation, a serene mental state, and motivation were considered the essential prerequisites for successful astral travel during sleep. A clear intent to travel out-of-body was formulated by the subject immediately prior to falling asleep.

2. All subjects used autosuggestion during the drowsy state just prior to falling asleep. The suggestions varied, but typically included such suggestions as:

> I am now ready to leave my body. I am free to go wherever I wish. I will be fully protected as I travel. I will return with ease whenever I decide to do so.

3. For travel to designated destinations, images of the destination were formed by the subjects and integrated into the drowsy state preceding sleep.

Summary of Purpose and User Benefits: The study found that students actively engaged in a variety of learning situations experienced a rapid improvement in the rate of learning as well as retention through celestial learning. The program, rather than directly inducing our-of-body travel, simply established the pre-sleep conditions conducive to spontaneous travel.

Lab Study: OBEs, Sleep Induced (Transitional Travel)—Phase II. In Phase II of the study, the interview results of Phase I were analyzed, and a procedure was developed to stimulate out-of-body travel during sleep. The procedure, called Transitional Travel, was designed to give the sleeping subject greater control in traveling to desired destinations. Transitional travel emphasizes relaxation, empowering affirmations, and various forms of imagery to induce the out-of-body state and facilitate easy travel. (See chapter seven for the full transitional travel procedure.)

Lab Study: OBEs, Sleep Induced (Transitional Travel)—Phase III. In Phase III of the study, a second volunteer population of twenty-two subjects (fourteen men and eight women), none of whom had reported success in utilizing sleep as a vehicle for out-of-body travel, were given training in transitional travel. During the training period, which consisted of one-hour sessions daily over a five-day period, all subjects reported success in entering the out-of-body state. Upon completion of the training period, the subjects were instructed to use the procedure nightly and record their out-of-body experiences for a two-week period. The travel records were analyzed at the end of the two-week period to determine the frequency and practice effects of out-of-body travel among the subjects.

Following is a summary of the results of Phase III:

1. Eighteen of the twenty-two subjects reported at least one out-of-body travel experience during the two-week period. Of the

remaining four subjects, two were undecided as to whether they had traveled out-of-body during the experimental period, and two believed they had not traveled out-of-body during that period.

2. Sixteen of the twenty-two subjects reported successful out-of-body travel to at least one designated destination during the two-week period.

3. A total of nine subjects reported at least one out-of-body experience for each night of the study.

4. Seven of the subjects reported multiple OBEs for each night of the study.

5. All of the successful subjects reported improvement in their ability to voluntarily enter the out-of-body state.

This study, although subjective, suggests that skill in initiating and directing out-of-body travel during sleep can be acquired through practice and experience using laboratory-developed procedures.

Our current research in OBEs is based on the premise that we learn not only from our own experiences, but from the experiences of others as well. Consequently, in addition to controlled laboratory experiments, our research includes the on-going case study approach in which the reported OBEs of a wide range of subjects are first analyzed and then follow-up interviews are conducted with each case in an effort to gain additional information. The results to date show the following:

Positive Experiences During OBEs

1. Without exception, the subjects of our on-going studies indicate that intellectual functions either continue normally or are enhanced in the out-of-body state.

2. Highly positive emotions, including joy, tranquility, and elation often accompany the experience. Disquieting experiences

are rarely reported.

3. The capacity to influence tangible objects—including rearranging or relocating them during the out-of-body experience—is often reported by the subjects of our study. In one instance, the out-of-body traveler, who was a college student, influenced a closet door to close in the dormitory room of a fellow student, and another student reported stroking a dog.

4. Among the sensory-like experiences reported during the out-of-body state are weightlessness, hearing, temperature change, touch, smell, and taste. All subjects reported the continuation of sight throughout their OBEs.

5. Awareness of a guiding presence, including visible sightings of a spirit guide, often accompany the out-of-body experience.

6. Meaningful interactions with other persons occur frequently in the out-
of-body state. Included are interactions with acquaintances, both living and departed, as well as animals.

7. Our subjects who were experienced in voluntarily entering the out-of-body state invariably report many instances of spontaneous out-of-body travel.

8. The out-of-body experience can be instrumental in preventing physical injury or other personal misfortune.

9. The out-of-body state, according to our subjects, is essentially unlike any other altered state experienced by our subjects.

10. All subjects viewed OBEs as invaluable sources of insight and knowledge.

Our case studies showed that the out-of-body state was often accompanied by such impressions as rising above the body and viewing the body from above. Experiences of slowly ascending, floating into the distance, gliding over terrain, and traveling to distant locations were also common. Our subjects reported that

out-of-body travel frequently occurred immediately before falling asleep or during sleep. Several of our subjects reported that OBEs initiated during the between state of wakefulness and sleep often continued well into sleep, often with characteristics similar to lucid dreaming. For them, differentiating OBEs from dreams was at times difficult. According to several of our subjects, out-of-body travel during that in-between state often continued well into the other stages of sleep. Consequently, differentiating OBEs from dreams was often difficult.

Our case studies found that the emotional state of the subject can be a critical factor in promoting or inhibiting OBEs. Although a relaxed, meditative state tended to facilitate OBEs, the out-of-body state for some of our subjects occurred under intensely stressful conditions, such as danger, pain, grief, and even life-threatening situations.

Positive Interventions During OBEs

Case Study: OBE Intervention—Male Falling. Among the accounts reported by our subjects was that of a male student, age 19, who fell from a cliff while hiking with other students along a nature trail. Upon losing his footing and falling from a cliff, he instantly left his body. Viewing his body from above during the fall, he reached downward in an effort to slow the fall and prevent injury. Other hikers who watched the fall reported that his body lightly bounced midway against the cliff and from there, continued the fall as if in slow motion. Upon landing, his body slid gently along the ground before coming to rest. Finally reengaging his body, the student emerged with only minor scrapes. He's convinced that his out-of-body intervention empowered him to slow the fall and shield his body from serious injury, a phenomenon we call out-of-body psychokinesis.

Case Study: OBE Intervention—Female Auto Accident. Another

subject, age 20, reported an interesting out-of-body experience in which her astral body literally bounced away from her physical body. It happened, by her report, when the car she was driving rear-ended another vehicle. At the moment of impact, she felt herself suddenly bouncing "upward and away" from her physical body. From her overhead out-of-body position, she observed her body being removed from the car and placed in an emergency vehicle. She then ascended to another plane she described as "peaceful with soft coloration and distant musical sounds." Lingering in that tranquil setting, she felt a powerful infusion of energy unlike, again in her words, "anything I had ever felt before." The soothing sounds combined with the plane's pastel coloration gave both peace and power. Momentarily, she knew that moment it was time for her to return to her body. Her intent to return was alone sufficient for her to re-engage her physical body, which was by then at rest in a hospital setting. She attributes her rapid and complete recovery to the out-of-body experience that tapped into the healing powers of the astral realm.

Case Study: OBE Intervention—Female Animal Rights. Another example of the empowering possibilities of the out-of-body experience is the account of a psychology doctoral student who used out-of-body travel to visit a certain research institute where she had been offered a research position. During the out-of-body visit, she observed animals undergoing painful experimental procedures that she considered a violation of animal rights. She rejected the offer, but the effects of the experience did not end there. She became committed to the humane treatment of animals and is today an influential animal rights activist. In her own words, "The unethical treatment of animals not only dishonors animals as beings of dignity and worth, it also dishonors humanity." Who among us could argue with that?

Successful Self-Induced OBEs—A Comparative Analysis

Objective analysis of self-induced OBEs and the conditions related to them is important to our study of this complex phenomenon because it increases our understanding of the induction process and suggests ways to master it. The purpose of the following study was twofold: first, to determine the personal characteristics associated with successful self-induction of the out-of-body state; and second, to determine the specific techniques used by successful subjects.

Lab Study: OBEs, Self-Induced—Comparative Analysis. Subjects of the study were eighteen volunteer parapsychology students (seven men and eleven women) who reported frequent self-induced OBEs, and who had successfully demonstrated their self-induction skills in a controlled laboratory setting at Athens State University. The subjects were instructed to write a two-part narrative describing themselves and the techniques they used to induce OBEs, with particular attention given to the following:

Self-induced OBEs & Their Benefits—Questionnaire

PART I

1. Describe your present health staus.
2. To what degree are you in control of your life?
3. Describe the psychological state that typically characterizes your life.
4. How would you rate your acedemic performance?
5. How would your friends typically describe you?

PART II

1. What are the potential benefits of OBEs?
2. Describe specifically the techniques you use to induce the out-of-body state.

3. What are some situational or personal factors that could make induction of the out-of-body state difficult?

Analysis of the narrative contents of the responses revealed the following:

All of the subjects described themselves as either healthy or reasonably healthy and in control of their lives.

The subjects' descriptions of their psychological state were typically positive. Among their specific descriptions were well-adjusted, balanced, secure, self-confident, happy, motivated, and flexible.

All of the subjects rated their academic performance as above average. Three of the subjects rated their performance as excellent, and two subjects rated their performance as superior. The remaining subjects rated their performance as either high or very high.

All participants of the study gave highly positive pictures of themselves as described by their friends. The most frequent characteristic noted in their descriptions was genuine (fourteen instances). Other characteristics were independent (twelve instances), responsible (eleven instances), honest (nine instances), sincere (nine instances), hard-working (three instances), determined (three instances), and fun-loving (two instances). Negative descriptions, although rare, included three instances of headstrong, three instances of inconsistent, and one instance of self-centered.

Benefits of OBEs—Described

The reported benefits of OBEs included the following:

1. They are relaxing
2. They are a source of important insight
3. They provide quality solutions to problems

4. They are a source of pleasure
5. They are gratifying and personally fulfilling
6. They add excitement to life
7. They are motivating
8. They stimulate creative thinking
9. They restore physical and mental balance
10. They build self-confidence and self-esteem
11. They promote intellectual efficiency

The induction techniques practiced by the eighteen subjects had several common characteristics. Early in the induction process, physical relaxation, mental imagery, and affirmation were used by all the subjects. Imagining a glow of protective energy enveloping the physical body was used by twelve of the eighteen subjects. Other images included a shaft of light upon which the astral body was borne away from the physical, ascending through the branches of a tree and viewing the forest from above, ascending in an elevator, climbing a staircase step-by-step, and climbing a pyramid, to list but a few. Positive affirmation and clear mental imagery were used by all subjects to direct travel to particular destinations. Aside from detailed imagery, invoking the presence of an astral guide to provide protection and direction during out-of-body travel was used by sixteen of the eighteen subjects.

Fourteen of the subjects reported previous practice in various meditation strategies. Strategies utilizing the sleep state were used by seven subjects. Each subject of the study reported having successfully used more than one induction procedure.

The reported situational or personal factors that interfered with successful induction of the out-of-body state included noise distractions, physical discomfort, and time constraints.

Taken together, the results of this study suggest that a positive mental state, a strong sense of personal control, and a healthy self-

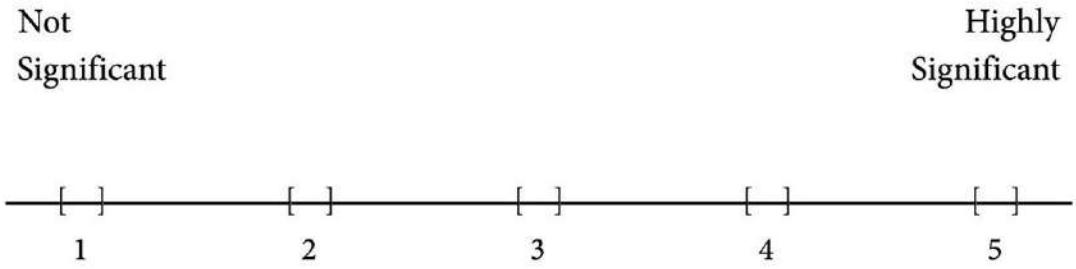
image are critical to the success of out-of-body self-induction. Imagery, affirmation, and relaxation were prominent elements in the induction procedures used by all subjects in the study

Spontaneous Versus Induced OBEs—A Comparative Analysis

Personal accounts of OBEs have suggested that spontaneous as well as voluntarily induced OBEs are potentially empowering. Previous research, however, has not sufficiently explored the comparative values of these two categories of psychic experience. This study was, consequently, designed to assess the empowerment significance of spontaneous versus experimentally induced OBEs.

OBEs Rating Scale (Past Spontaneous)

On the 5-point scale below, please rate the empowering significance of your past spontaneous out-of-body experiences:



Empowering Significance of Spontaneous OBEs Rating Scale

Since the empowering value of OBEs may not always be immediately known to the individual, this present study included the experimental subjects' assessments of their past spontaneous OBEs as well as their immediate and delayed assessments of their experimentally induced OBEs.

Lab Study: OBEs, Spontaneous—Analysis. Ten volunteer ASU parapsychology students (five men and five women), all of whom had reported more than one previous out-of-body experience, participated in the study (1992). The age range of the subjects was

nineteen through twenty-six years.

The project was conducted in a quiet laboratory setting. Each subject first evaluated the empowering significance of previous spontaneous OBEs from not significant to highly significant on the following 5-point scale:

Seven of the ten subjects in the study rated their previous spontaneous OBEs as highly significant (point 5 on the 5-point scale), with the remaining three subjects rating their past OBEs experience at point 4 on the rating scale, thus resulting in an overall average rating of 4.7 for the previous spontaneous experience.

Each subject, while resting comfortably on a couch, was then guided into an induced out-of-body state by the researcher who used the OBEs Levitation procedure presented in chapter eight. Upon conclusion of the induced experience, each subject evaluated the significance of the experience from not significant to highly significant on the same 5-point scale.

Immediately following the induced OBE, five of the ten subjects rated the experience as highly significant (point 5 on the rating scale). The remaining five subjects rated the experience at point 4. The resulting overall average rating immediately following the induced state was 4.5, a figure somewhat below that found for previous spontaneous experiences.

Four weeks later, each subject returned to the laboratory and again evaluated the OBE that had been induced the previous month from not significant to highly significant on the 5-point scale. The questionnaire read:

> Four weeks ago, you were a volunteer participant in our induced out-of-body study. Please rate your present opinion of the empowering significance of that experience on the 5-point scale used previously.

The ratings obtained four weeks after the induced experience increased, somewhat to our surprise, to the same level as those for the past spontaneous OBEs. Although the population for this study was limited to ten subjects, the results suggest that experimentally induced OBEs are potentially as empowering as spontaneous OBEs; however the empowering significance of the experimentally induced experience may not always be immediately apparent to the subject.

Induced OBEs—the Effects of Past Experience

Lab Study: OBEs, Induced—Painting of Man on Horse. The primary goal of the following study (1991) was twofold: first, to develop an out-of-body induction strategy based on the reported induction techniques used by experienced subjects; and second, to evaluate the effectiveness of that induction procedure with both experienced and inexperienced subjects. The participants, all students at Athens State University, were ten subjects who had reported success in inducing the out-of-body state at will, and ten subjects who had no reported success in inducing the out-of-body state. The age range of the experienced subjects was nineteen through twenty-seven years, and the age range of the inexperienced subjects was eighteen through twenty-six years.

The subjects, all volunteers, were oriented in a group session concerning the nature of the research project, as well as the theory and dynamics of the out-of-body state. The ten experienced subjects were then asked to write a report identifying the techniques they used to induce the out-of-body state. After analysis of the written reports, an interview was conducted with each experienced subject to gain further information about their induction procedures and techniques. The inexperienced subjects were also interviewed and provided any needed clarification of the research effort.

Based on analysis of the interviews with the experienced subjects, common induction elements were identified, and a OBEs induction procedure was developed. The procedure was later used with each subject in both groups to induce the out-of-body state.

Prior to out-of-body induction, the participants in the study were escorted to an art studio in another campus building, where they viewed an easel, already positioned, but without a painting. A painting was later placed on the easel by a research assistant who alone selected the painting and who alone knew its essential features. The experimental task required each subject to return out-of-body to the art studio and view the painting, giving particular attention to its essential features.

The out-of-body sessions were conducted in a quiet laboratory setting with soft, indirect lighting, while the subject reclined comfortably on a couch. The induction script, which included elements compiled from the reports of the successful OBEs subjects, was then presented by a research technician as follows:

> In this experiment, your task is to leave your body and view a painting on an easel situated in the center of the art studio. When you return to your body, you will be asked to describe the essential features of the painting.
>
> With your eyes now closed, let yourself become more and more comfortable and relaxed. As you slow your breathing and relax your body, you are at complete peace, confident of your ability to leave your body. You are surrounded by radiant and protective energy as you now prepare to leave your body. As you travel out-side your body, you will be safe and secure.
>
> You are now in complete control as you begin to drift slowly, very slowly away from your body. You can feel yourself slipping upward from your body. Looking back, you can now see your body at rest. You can return to your body at

any moment simply by deciding to do so.

Now disengaged from your physical body, you are free to travel to the art studio, where you will view the selected painting. Upon viewing the painting, you will let yourself return to your physical body with comfort and ease. You have as much time as you need to travel to the studio and view the painting.

Upon conclusion of the induction exercise, adequate time was allowed for out-of-body travel free of any interruption. The duration of the out-of-body session was timed by the research technician and recorded for each subject. Timing began at the conclusion of the induction instructions, and ended when the subjects opened their eyes.

For the experienced subjects, the duration of the out-of-body experience ranged from 6 minutes and 17 seconds to 11 minutes and 48 seconds, with an average time of 9 minutes and 22 seconds. For the inexperienced group, the duration of the out-of-body experience ranged from 5 minutes and 40 seconds to 14 minutes and 52 seconds, with an average of 10 minutes and 31 seconds.

The painting situated in the art studio depicted a man on a horse in a rainstorm. Five of the ten experienced subjects included all the painting's essential elements—the horse, rider, and rain storm. Eight of the ten experienced subjects included only the horse in their descriptions. Two of the experienced subjects identified none of the painting's essential elements, although they did include minor aspects of the painting, such as certain colors and landscape features.

Two of the inexperienced subjects included all the essential elements in their descriptions. One of the inexperienced subjects mentioned only the horse and rider, and three subjects mentioned only the horse. The four remaining inexperienced subjects

included none of the painting's essential elements in their descriptions.

Among the subjects who showed only limited success in identifying the painting's essential elements, the horse was the most commonly identified element. This was probably due to the central position of the horse, rearing in fright and partially concealing the rider. The least frequently identified element for both groups was the storm, a background feature.

Although the results of this experiment could have been influenced by clairvoyance, bi-location, or some other form of ESP, the successful subjects described the experience as distinctively out-of-body in nature and attributed their success to out-of-body travel.

The results of this study suggest that previous out-of-body experience could improve performance in the experimental setting. However, since the induction procedure was drawn from the reports of the experienced subjects, it would seem to follow that the familiar procedure would work better for that group. The inexperienced group not only identified fewer essential elements, but also introduced more extraneous material in their descriptions of the painting. Nevertheless, the procedure did result in considerable success for the inexperienced group as well, a finding that suggests the usefulness of this induction procedure as a teaching tool.

Precognition and the Out-of-Body Experience

Practice and experience are essential to learning, including the development of our psychic faculties. The purpose of this two-phase study was, first, to investigate the precognitive performance of subjects who had completed coursework in precognition at Athens State University, and second, to explore the relative effectiveness of various precognitive strategies, including OBEs.

Lab Study: OBEs & Precognition—Phase I. The first phase of this study investigated the precognitive success rate of thirty-six subjects who had six months of previous experience in study group activities designed to develop their precognitive skills. For this phase, the group met bi-monthly over a period of six months. During that period, the group generated 287 predictions, with a documented accuracy rate of 63 percent. Many of the predictions related to members of the group and were personal in nature. Among the validated predictions were an automobile accident involving the daughter of a group member, a job promotion for a government employee in the group, and a certificate of achievement recognizing the community services of a teacher in the group. The high accuracy rate of the predictions suggested that something beyond chance was at work in the group's efforts.

Lab Study: OBEs & Precognition (Psi Span Project)—Phase II. Upon conclusion of Phase I of the study, twenty-seven participants in that phase volunteered to participate in Phase II, which became known as the Psi Span Project. The project was initiated to gather precognitive information over a two-year period through the application of three experimental group techniques: the out-of-body experience, hypnosis, and objectology which involves the use of inanimate objects as precognitive tools. The project emphasized objective assessment and careful documentation.

The Psi Span Project consisted of three precognitive groups and a validation committee. The precognitive groups were each assigned one of three precognitive procedures: (1) out-of-body; (2) hypnosis; and (3) objectology. The membership of each group consisted of nine participants. The procedures of each group were relatively fixed, with each group meeting monthly to gather and record precognitive data. An appointed recorder for each group assembled the predictive data and submitted it to the validation committee of twelve members, who assumed responsibility for the

validation efforts. The committee submitted monthly reports that provided validation results.

The objectives of each group, in addition to gathering predictive data, included refining their respective precognitive strategies. The out-of-body group attempted to develop out-of-body procedures that could extend awareness into the future during the out-of-body state; the hypnosis group attempted to perfect an age progression technique in which the future could be objectively viewed or subjectively experienced; and the objectology group attempted to perfect their precognitive skills using the pendulum, crystal gazing, and table tilting. Throughout the project, flexibility and experimentation in a permissive and relaxed environment were emphasized, along with careful record keeping.

Over the two-year period from September 1, 1990, to September 1, 1992, the three groups assembled a total of 342 predictions. As of January 1, 1996, a total of 253 of those predictions had been validated. The predictions of the three groups ranged from highly personal matters to predictions of national, global, and other-worldly significance. The following table presents a breakdown of each precognitive group's total predictions and validation results.

Compared to the validation results for Phase I of the study, each group showed improvement. Although the out-of-body group reported the lowest number of predictions, they obtained the highest validation results. Since the predictions generated by the three groups reach beyond the year 2000, the number of validated predictions for each group is expected to increase as the validation effort continues.

Psi Span Strategies and Precognitive Preformance

Group	Total predictions	%Valida
I. Out-of-body	31	81

II. Hypnosis	101	78
III. Objectology	210	66

Psi Span Strategies and Precognitive Performance Analysis

NOTE: In our follow-on studies, a total of 291 of the predictions had been validated by January 1, 2000 and a total of 3l8 of the predictions had been validated by January 1, 2010. Three of the out-of-body group's predictions and two of the hypnosis group's predictions point to "significant global events" in the year 2012 with long-ranging implications for the future of humanity.

OBEs and the Near-Death Experience (NDE)

One of the most commonly reported effect of OBEs is a sense of increased personal power. Similarly, the near-death experience (NDE) is almost invariably viewed as profoundly empowering. The purpose of the following study (1996) was to explore the empowering benefits of the two experiences through structured interviews with persons who had experienced both the out-of-body experience and the near-death experience.

Lab Study: NDEs & OBEs. Eighteen persons (eight women and ten men) who reported having experienced both OBEs and the near-death experience volunteered for the study. The age range of the subjects, all members of the Parapsychology Research Institute and Foundation, was from twenty-seven through fifty-eight years. Four of the subjects reported near-death experiences resulting from traffic accidents, three from sports-related accidents, two from heart attacks, two from injuries sustained in a fall, two from injuries sustained in military combat, two from near-drowning, one from on-the-job exposure to a dangerous chemical, one from an accidental drug overdose, and one from a plane crash. Although eleven of the subjects reported having experienced the voluntarily induced out-of-body state, only spontaneous OBEs were used for

comparison.

The subjects were interviewed using the following interview guide, which was specifically developed for the study:

NDE/OBEs Interview Guide

1. What were the conditions surrounding your near-death experience?
2. Describe your near-death experience.
3. How did the near-death experience affect your life?
4. What were the conditions surrounding your out-of-body experience(s)?
5. Describe your out-of-body experience(s).
6. How did the out-of-body experience(s) affect your life?
7. How were your near-death and out-of-body experience(s) alike?

How were they different?

Upon completion of the interviews, the subjects were instructed to write a
detailed description, in which they compared and contrasted their near-death and out-of-body experiences.

Analysis of the interview results and the subjects' written descriptions of their experiences revealed certain similarities and differences in the two categories of experiences. The similarities included:

LAB STUDY: NDES & OBES—ANALYSIS

1. All subjects reported that both the near-death experience and the out-of-body experience were personally meaningful and significant.

2. All subjects viewed the experiences, whether near-death or out-of-body, as purposeful and empowering.

3. Both categories of experiences were typically described as mystical or spiritual in nature.

4. Impressions of floating and ascending were noted by all subjects for both categories.

5. All subjects reported sharpened perceptions accompanying both categories.

6. Increased insight and tranquility were specified as enduring

consequences of both categories.

Differences reported were:

1. Compared to OBEs, NDEs were described as more intense, and their effects as more long-term.
2. All the subjects reported that the near-death experience influenced their perception of life, and the meaning of life .
3. All subjects reported significant life changes following the near-death experience. Examples included changes in personal values, family relationships, and careers. The changes associated with OBEs were also described as significant—but were typically less dramatic and more progressive in nature.
4. The near-death experience was more likely to be seen as spiritually profound. Significant interactions with higher planes occurred in both states, but were more intense during the near-death experience.
5. Interactions with known discarnates occurred in both states, but with greater frequency during the near-death experience.
6. Awareness of a brilliant dimension of pure light and significant interactions with angels or ministering guides occurred in both states, but were more likely to occur during the near-death experience.

Hopefully, future research into these complex phenomena will enhance our understanding of their significance and suggest new ways to enrich and empower our lives.

Conclusions

When the dots are finally connected, we can conclude with greater certainty that we are here in this life at this time to learn and grow. Research, whether in the lab or in life outside it, can help us to connect those dots and understand more fully the nature of our existence in the universe. Beyond that, the results of controlled

research can help equip us with the knowledge, skills, and the power to reach our highest destiny as evolving souls while helping others do the same.

[contents]

6

OBES & PSYCHOKINESIS

The whole visible world is only an imperceptible
atom in the ample bosom of nature.
No idea approaches it.

—BLAISE PASCAL, PENSEES

IMAGINE THE POSSIBILITIES

Imagine when two energy forces unite to generate an interaction in which each force contributes to the other. As the boundaries of both forces are expanded, the result is a synergistic effect in which the potentials of both forces are magnified. The merging of the out-of-body state and psychokinesis illustrate that amazing phenomenon.

PK: Changing Material Reality Through Mind Power

Psychokinesis (PK) is typically defined as the human capacity to influence material reality through sheer mind power. PK as an energy force can, for instance, induce motion in a resting object or influence the velocity of a free-falling object. It can be deliberately applied to improve performance in a variety of physical activities, including such high-precision sports as archery, billiards, and bowling. It can influence chemical reactions, the composition of compounds, the germination of a seed, and the rate of plant growth—all of which have been observed in a controlled laboratory setting. In view of these manifestations of mind power, it should come as no surprise that PK can also influence the biological body, including specific organs and systems. On a

massive scale, PK power could conceivably influence positively global conditions ranging from environmental pollution to natural catastrophes. Even efforts toward world peace would conceivably benefit from intentional programs within the scope of PK power.

The critical first step in activating your PK powers is the formulation of a specific PK goal. By then verbalizing your goal in your own words, you can further increase your power to achieve it. The sound of your own voice in stating your goal has a powerful motivational effect that establishes and empowers the goal as officially your own. Although the process of formulating your goal and verbalizing it is often sufficient to activate your PK powers related to it, you can further increase your ability and positive results by introducing relevant imagery and positive affirmations of your complete success.

Always: The Necessity of Goal Setting

In the absence of these essential ingredients, our PK energies often remain scattered and unfocused. Certain situations, however, can spontaneously activate our PK powers and focus them on positive outcomes. For instance, emergency situations can generate an instant infusion of energy that results in extraordinary feats of power, especially in life or death circumstances. But even ordinary life situations can spontaneously evoke extraordinary PK powers, such as when we mentally attempt to slow the fall of an accidentally dropped object to prevent damage to it. Given the spontaneous intervention of PK, often accompanied by can simply catching your breath and holding it, even the most fragile object when dropped has have been known to bounce rather than break.

Out-of-Body PK Interaction

The PK faculty, like our other psychic faculties, is energized and liberated by the out-of-body state. The formulation of your PK goals prior to the out-of-body induction places the PK faculty in a

state of readiness and prepares it for easy activation during the out-of-body experience. Once the out-of-body state is induced, the PK faculty operates independently of the physiological constraints that could otherwise impede its functions. With biological barriers minimized or banished altogether, our PK energies can become concentrated and directly focused to result in a forceful release of power.

PK in Health, Healing & Rejuvenation

The capacity of PK to influence physiology in ways that promote health and fitness is among its most important features. In the out-of-body state, that capacity reaches its peak. The out-of-body state sets the stage for PK to target health needs, concentrate on specific biological organs or systems, and release powerful health energy. At another level, it can intervene in the aging process to promote rejuvenation and even reverse the visible effects of aging.

Astral PK & PK Channeling

The health and fitness potential of OBEs can include both astral PK and PK channeling. Astral PK is the power of consciousness in the out-of-body state to directly intervene into physiology to initiate the healing process. PK channeling, on the other hand, is the transfer of healthful energy from a higher astral plane to produce desired biological change. Both concepts are similar in that they emphasize the healing power of consciousness in the out-of-body state. In astral PK, however, the healing process is consciousness-contained—that is, it remains a function of consciousness independent of distant astral planes—whereas in PK channeling, the healing process requires contact and interaction with the healing energies of a higher cosmic plane. The following OBEs procedures are based on these important concepts.

The PK Pool-of-Power Program

There's abundant evidence indicating the capacity of mental functions to influence the physical body. That possibility has, in fact, been demonstrated repeatedly in the controlled setting in which such biological processes as blood pressure, galvanic skin response (GSR), finger temperature, and brain-wave patterns, to list but a few, are all susceptible to mental intervention. That same capacity has been repeatedly demonstrated in an even more powerful form during the out-of-body state where the influence of deliberate interventions into physiological functions has been more efficient and profound than that of conventional biofeedback technology. Is it conceivable then that during the out-of-body state, energies of the highest order could be directly accessed and transferred to the physical body, thereby promoting not only health and fitness but rejuvenation as well. Even unanticipated health needs can be targeted and fulfilled. Out-of-body PK could, in fact, become a critical component of advanced preventive medicine. There is a building wealth of evidence to support that possibility.

When the goal of OBEs is health, fitness, and rejuvenation related, one of the most highly effective procedures is the PK Pool-of-Power. This procedure introduces the image of a crystal clear pool of healthful energy in the astral realm. While in the out-of-body state, diving into the pool saturates our astral being with revitalizing energy and spontaneously transfers healthful energy to the physical body at rest. The healthful effects, including preventive, of diving into the pool is supplemented by the Chalice of Power, a procedure used to take water from the pool and pour it over the astral body, thus further energizing the astral body and its capacity to transfer healthful energy to the resting physical body.

PK POOL-OF-POWER PROCEDURE

Introduction. The well-demonstrated capacity of mind to influence the physical body is enhanced during astral projection with the deliberate intervention into physiological functions which is the

actual goal of the OBE. This procedure recognizes that actions taken on the astral plane with image-projected intent will be replicated into the physical body.

A period of approximately one hour should be set aside for the eight-step procedure to be conducted in a quiet, safe place free of distractions. Here is the procedure:

Step 1. Preliminaries. While resting comfortably in either a reclining or lying down position, with your legs uncrossed and your hands resting at your sides, take a few deep breaths, and then develop a slow, rhythmic breathing pattern. Focus for a few minutes only on your breathing. Remind yourself that you are safe, comfortable, and secure. Invoke the empowering presence of higher astral power by visualizing yourself surrounded by radiant light.

Step 2. Body Exit. With your eyes closed, center your attention on your forehead, and slowly allow your thoughts to turn inward. Allow any darkness or shades of gray to become progressively brighter until you experience an infusion of white light throughout your being.

> Visualize your astral body as a radiant light form slowly rising from your physical body, and with it, your conscious awareness. Take a moment to visualize your physical body at rest as you continue to rise above it. Notice your sense of freedom and serenity as you ascend higher and higher.
>
> Now, disengaged from your physical body, remind yourself that you are fully infused with radiant light and protected by the highest forces of the astral realm. At any time you can return to your body with ease upon deciding to do so.

Step 3. Exploratory Travel. Now out-of-body, you are free to travel wherever you decide to go. Even the distant reaches of the universe are within your reach. The highest dimensions and

farthest away planes invite your contact and interaction.

Step 4. Plane of Energy. As you sense a wondrous communion with the cosmos, turn your attention to a distant, crystalline plane of glowing energy that commands your special attention.

> Let yourself be drawn to it as you become increasingly infused with its powerful energy. Finally, let yourself enter the plane where the infusion of powerful energy reaches its peak.

Step 5. Pool of Power. Now within the plane, give yourself permission to experience its innermost regions where lies a crystal clear pool that reflects the full radiance of the plane.

> Approaching the pool, you can sense the vastness of its power. Drawn by its amazing beauty and power, you can now plunge into the sparkling pool to probe its fathomless depths and limitless boundaries. As you explore the incredible pool, you sense a powerful infusion of invigorating energy.

Step 6. Chalice of Power. Upon ascending from the pool, you notice a beautiful, bejeweled chalice resting on a crystal pedestal at the pool's edge. Gazing at its intricate workmanship and exquisite beauty, let yourself take the chalice from the pedestal and fill it with water from the pool.

> Upon lifting the chalice and pouring the water over your body, let yourself experience the fantastic pleasure as the water flows sensuously downward. Your total being is suddenly saturated with power. The vast riches of the universe are now at your command. Remind yourself that whatever you desire can now be yours.

Step 7. Goal Statement. Now lifting the chalice toward the universe, affirm. My thoughts and images are the language of the cosmos. State your goals, visualize them, and affirm them as present realities. If, for instance, your goals are health-related, state each goal specifically, visualize the particular body part or system

functioning normally, and affirm that the goal has been achieved. If your goal is rejuvenation, visualize yourself at your youthful prime, and affirm:

This is the true me.

Step 8. Body Re-engagement. You are now ready to return the chalice to its place on the pedestal, and reunite with your physical body.

Notice your body at rest and sense yourself gently re-engaging it. Upon re-entry and before opening your eyes, take a few moments to reflect on the experience and re-affirm its empowering effects.

Summary of Purpose and User Benefits: To utilize astral power in personal healing and health maintenance.

Fortifying the Immune System, Accelerating Natural Healing Processes, Slowing the Aging Process

The PK Pool-of-Power can be used for a wide range of health related goals. Among its many applications are fortifying the immune system and accelerating the body's natural healing processes. A very high success rate has been reported by men and women who used the procedure to slow the aging process. Also in pain management programs, the procedure has been highly effective, not only in managing pain but in promoting healing as well. In drug treatment programs, the procedure has been used successfully to increase motivation, build self-esteem, reduce stress, and promote a general sense of personal empowerment.

Career Advancement, Social Interactions, Change Your Life

It is important to note that the Pool-of-Power can be used for a wide range of goals aside from those related to health and fitness.

This program is highly effective in improving psychomotor and cognitive skills as well as building competencies in a variety of personal and career skills. The procedure has been known to intervene in the career setting and literally generate conditions conducive to career success. It can enrich social interactions and create greater job satisfaction. Students have found the procedure effective in literally changing academic regulations that had inhibited their progress. Almost nothing seems to be beyond the scope of the PK Pool-of-Power. Best of all, you can use it right now to bring forth desired change in your life.

The Astral Matrix of the Physical Body Program

Another procedure designed specifically to activate our psychokinetic powers while in the out-of-body state is the Astral PK—Procedure. During this procedure, which does not require travel to higher cosmic planes, the astral body retains the structural features and dimensions of the physical body, but in astral form. As a nonbiological copy or double of the physical body, the astral body provides a complete model with specific astral parts that parallel the physical body and its biological organs, systems, and observable features. Such an astral double serves two important functions:

1. It infuses specific astral parts with a concentration of positive energies, and
2. It promotes an easy transfer of those energies to specific biological counterparts.

The self-empowerment rationale of these functions holds that when a biological feature in astral form is energized and empowered, the same feature in biological form is likewise energized and empowered in at least two ways:

1. By the immediate transfer of healthful astral energy during the out-of-body state, and

2. By the later re-engagement of the empowered astral body with the biological counterpart.

ASTRAL PK PROCEDURE

Introduction. This procedure is based on intentionally recognizing the astral body as a nonphysical duplicate, or matrix, of the physical body, and then energizing specific astral body parts to be ideally healthy, and then transferring healthy images to the physical body upon re-engagement.

Approximately one hour should be allowed for the full procedure which is conducted in a quiet, safe setting free of interruptions. Here's the procedure:

Step 1. Statement of Goals. While either lying down or reclining in a comfortable position, formulate your goals by affirming your objectives and creating mental images of the desired outcomes. For instance, if your goal is to be full of energy and to enjoy life more, visualize yourself engaged in your favorite activities with your body aglow with health and vigor. If your goal is to repair a damaged body organ, visualize the organ glowing with vitality and functioning normally. If your goal is to master a certain skill, visualize yourself effectively performing that skill.

Step 2. Induction. Astral PK combines three elements—relaxation, imagery, and affirmation—to induce the out-of-body state. Once your physical body is fully relaxed, give yourself permission to disengage it, and afterward, to remain in close proximity to it. Remind yourself that you can at any time return to your physical body with ease upon deciding to do so. With your eyes closed, sense your astral body becoming separate from your physical body but remaining near it in the form of a glowing aura of energy that replicates it. (At this point, the astral body is typically experienced as hovering closely over the physical body). Visualize your physical body at rest from your out-of-body

position. This induction approach is based on the premise that complexity seeks simplicity. The procedure may require considerable practice, but given sufficient motivation to achieve your goals as stated in Step 1, you will probably be surprised at the ease with which you enter the out-of-body state.

Step 3. Astral Infusion. Once apart from your biological body, remind yourself the astral realm is rich in energy and power, and you are now a part of it. Focus on the parallel astral parts or systems to be energized, and saturate them with radiant energy. Mentally engage your biological body at rest, and infuse the counterpart organs and systems with powerful astral energy. Let your body, both astral and physical, become fully infused and empowered with energy of the highest level. You will at this stage literally sense the saturation of energy and power throughout your total being.

> NOTE: Do not rush your return to your physical body. Take plenty of time to enjoy the tremendous infusion of energy as you reflect on its relevance to your goals.

Step 4. Astral Return. The infusion process now complete, initiate astral return by stating your intent to re-unite with your biological body. Self-intent is a powerful force in the out-of-body state. You will almost immediately sense the reunion process. Pay special attention to the powerful merging of the astral body with its physical counterpart. Note the reunion of specific astral and biological parts, including organs and systems. Once re-engagement is complete, you will experience a final burst of powerful energy that fills you totally—mentally, physically, and spiritually. Take plenty of time to enjoy the experience of oneness and power that accompanies this return.

Step 5. Conclusion. Review the experience and mentally re-infuse your body with healthful vigor. Again, mentally saturate

specific organs and systems with positive energy, then affirm:

I am at my peak of empowerment.

Open your eyes and take time to reflect on the experience.

Alternative Action: Accelerating Recovery from Injuries. Along with its many other uses, Astral PK has been used to accelerate recovery from a wide range of sports-related injuries. It is particularly effective in the treatment of muscle and joint injuries, to include sprains, joint injuries, and even concussions.

Some athletes use the procedure routinely to prevent injury by infusing the physical body with protective astral energy prior to practice, workouts, or competitive events.

Summary of Purpose and User Benefits: To image the astral matrix of your physical body, to infuse it or any specific body part with healing energy, or to protect the body against injury

PK ENERGY-CHANNELING PROGRAM

Through PK Energy-Channeling, you can personally experience higher astral planes and draw healthful energy from them to infuse either your own physiology or that of others. Healing through PK energy-channeling is based on the concept that certain astral planes or astral entities are primary sources of healthful energy and healing power in their purest forms. When we tap into those sources, we can draw from their healing resources and channel them to specific biological targets. OBEs and PK are possibly the most direct way to access and channel the healing powers of higher energy planes.

Although the healing effects of PK energy-channeling are typically gradual in nature, they can at times be instant and complete, particularly in situations involving life-threatening injuries. Our studies revealed that serious injuries, including those sustained in military combat situations, are at times accompanied by a spontaneous out-of-body state in with healing energy is

directly channeled to stop bleeding and even close serious wounds. In near-death situations, healing guides often accompany the out-of-body interaction and actively target healing energies to the physical body. Sites of internal bodily injuries are often bathed in comforting energy that restores normal functions.

In our experimental labs, research subjects practicing PK energy-channeling reported deep emerald green as the color that typically characterized the astral plane associated with healing, whether mental or physical. When an emerald gem, or simply the imagery of an emerald, was incorporated into the procedure, induction was accelerated, and the emerald green plane was more readily accessed.

As a footnote, the emerald is believed by many advanced psychics to possess both healing and rejuvenating properties, or at least to have physical frequencies that are attuned to healing and rejuvenating energies. There is, in fact, some evidence to suggest that simply wearing the mined emerald as a ring, brooch, or pendant can function to disperse those energies throughout the body.

Tending to confirm that concept are the scientific surveys, including those conducted by one of your authors (Slate) that show the mined emerald to be the gemstone of choice among centenarians. In a survey conducted by Slate, the emerald was the number-one gem of choice among subjects aged ninety years and above. They often called the emerald their personal "gem of youth." One centenarian noted that the fountain of youth is no fountain at all, but rather a gem that requires only stroking to disperse its energy. Another centenarian noted that she plans to keep her gem forever, including in spirit form on the other side!

PK ENERGY-CHANNELING WITH EMERALD GREEN PROCEDURE

Introduction. Deep emerald green is the color that typically

characterizes the astral plane associated with healing, whether mental and physical. Healing through PK energy channeling is based on the concept that certain astral planes are primary sources of healthful and healing powers in their purest forms. This procedure taps into those sources to draw those powers and channel them to specific biological targets. OBEs and PK are possibly the most direct way to access and channel the healing powers of higher energy planes.

PK energy-channeling requires approximately one hour in a comfortable setting free of distractions, preferably with a mined emerald (or image of it) resting in either hand. Here's the procedure:

Step 1. Goal Statement. While resting comfortably in either a reclining or lying down position, formulate your goals and state them as specific expectations. With your eyes closed, use imagery whenever possible to visualize the desired end results.

Step 2. Affirmation and Visualization. Settle back and let yourself become more comfortable and relaxed. Verbalize your intent to enter the out-of-body state and access higher sources of healing and wellbeing. Visualize yourself enveloped in light, secure and protected by the power of higher astral planes. Remind yourself that you can at any time exit the out-of-body state by intent alone and return with ease to your physical body.

Step 3. Emerald in Hand. With an emerald (or if no emerald is available, an imaginary emerald) resting in either hand, close your eyes and focus on the innermost region of your being. As you sense the emerald resting in your hand, allow any area of darkness to give way to emergent light, until you are totally infused with bright, positive energy.

Step 4. Induction. To enter the out-of-body state, form a clear image of consciousness as a light form gently rising from your

physical body, which remains in a serene state of relaxation. Form images that are relevant to you, including those involving motion such as a bird in flight or a leaf drifting gently in the breeze. Let yourself flow with the imagery as you sense yourself being slowly lifted from your body. Don't rush it—allow adequate time for the out-of-body state to emerge, and then affirm:

I am totally protected and secure as I travel
out-of-body to distant realms of power.

Step 5. The Emerald Plane. With consciousness disengaged from the biological body, visualize an iridescent astral plane of emerald green, radiating healthful energy. Allow the plane to become clearly visible, and then give yourself permission to ascend and interact with it.

Step 6. Astral/Physical Interaction. Let yourself enter the plane and draw from its concentration of healing energy. Take plenty of time to become fully infused with powerful energy. Once fully infused, imagine an astral cord of energy connecting you to your biological body resting at a distance, and use that cord as a channel to transport radiant, healing energy. During channeling, the typically glowing astral cord will take on added brilliance. Allow channeling to continue until your physical body radiates powerful healing energy. Select as needed specific biological organs or systems and infuse them with bright healing energy.

NOTE: When the designated recipient is another person, consent of the recipient is essential to the effectiveness of the channeling process. Visualize that individual and their present physical location if known. Imagine a dynamic channel of energy connecting you to that person, and use it to transport healing energy from the emerald green astral plane. Visualize your targeted subject
infused with glowing health and vitality. Whenever required,

focus on specific body organs or regions of your subject and saturate them with healing energy.

At this step, an out-of-body visit with a consenting and receptive subject can be used to supplement the PK channeling process. Healing out-of-body visitations are recommended only after an abundant supply of healthful astral energy has been gathered. The out-of-body visitation is designed to transport the accumulated energy and transmit it to the receiving subject. The accumulated energy can be imparted through out-of-body aura massage, in which the recipient's surrounding aura is energized by gentle astral strokes. It's important to again note that this process requires a consenting subject who is receptive to the procedure.

Step 7. Conclusion. To end the out-of-body experience, turn your attention to your physical body at rest and give yourself permission to return to it. Allow a few moments for astral-biological reengagement to occur, and then focus your attention for a few moments on various physical sensations. Notice the emerald (real or imagined) in your hand, and allow it to radiate vitality throughout your being. Form images of particular body parts, and saturate them with healing energy. Conclude the experience with the affirmation:

> I am infused with health and vitality. I am empowered at any time
> to unleash abundant healing energy by visualizing the emerald
> which represents my contact with the higher astral realm.

Open your eyes and take plenty of time to reflect upon the experience.

Summary of Purpose and User Benefits: To enter the OBE state in a light form and interact with an iridescent emerald green plane

of healing and rejuvenating energy, and then to channel that energy to the physical body.

In addition to its application in promoting general health, PK Energy Channeling has been effectively used to achieve highly specific health goals. A sixty-eight year-old woman who was stricken with arthritis experienced a dramatic remission of her symptoms following her participation in an experimental program at Athens State University. The program included daily out-of-body massages, each self-conducted, over a period of two weeks, after which they were conducted once weekly for a period of four weeks. Over the six-week period, the out-of-body massages were supplemented weekly by a conventional aura massage, also self-conducted, in which the aura around the affected body areas was gently massaged using circular motions, but in the absence of any physical contact with the body.

For the duration of the program, the subject wore an emerald pendant and, while periodically stroking it, visualized her body enveloped in healthful energy. At the end of the six-week period, she was free of the pain and swelling that had plagued her for many years. Periodic follow-up contacts over the next several months, during which she continued to wear the emerald pendant, revealed no recurrence of symptoms.

Conclusion

In this chapter, we have examined the interactive nature of the out-of-body experience and PK. Our capacity to use our PK faculties in the out-of-body state reflects the astral nature of this powerful phenomenon. Since our PK powers are operational during the out-of-body state, it would follow that we would retain that same capacity in the discarnate state. The possibility of discarnate intervention into our present physical reality thus becomes a reasonable expectation with enormous empowerment implications.

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7

OBES, SLEEP & DREAMING

Even sleepers are workers and collaborators
in what goes on in the universe.
—HERACLITUS, FRAGMENTS

POSITIVE & ESSENTIAL BENEFITS OF SLEEP

Rather than a wasted block of time, sleep is essential to our mental, physical, and spiritual wellbeing. Quality sleep can spontaneously reduce stress, create a more positive mood state, improve performance on challenging tasks, facilitate clear thinking, solve difficult personal problems, increase creativity, build more satisfying relationships, activate rejuvenation, promote better health and fitness, and improve the overall quality of life. Beyond these, the sleep state is receptive to our deliberate intervention efforts focusing on highly specific personal goals that can range from the discovery of relevant past-life experiences to the initiation of productive interactions with higher realms of power.

OBEs & the Sleep Experience

Given the many benefits of healthful sleep, it should come as no surprise that empowering OBEs seem frequently to emerge during sleep. In fact, many experts hold that sleep itself is an out-of-body state with the astral body disengaged from the physical body, but typically remaining in close proximity to it for the duration of the sleep period. From that perspective, many of our so-called dream experiences, particularly of gliding over terrain and visiting distant realities, seem clearly to fit the criteria for out-of-body travel. The

various stages of sleep as measured physiologically, including rapid eye movement (REM), could thus be seen as biological concomitants of OBEs, but admittedly without clearly defined cause-effect
relationships. According to this view, the benefits and rewards of healthful sleep are, in actuality, products of the out-of-body state.

Although the relationship between observed physiological changes during sleep and OBEs remains unclear, our laboratory studies suggest that certain physiological changes, including rapid eye movement (REM), do seem to signal, if not trigger, OBEs. It is during the REM stage of sleep that the broken-corona effect, which has been found to characterize the out-of-body state, is typically observed in the electrophotographs of sleeping laboratory subjects who, upon awakening, reported having had OBEs. The broken-corona effect is not observed among sleeping subjects who did not report OBEs upon awakening. (See chapter five for further discussion of electrophotography and the broken-corona effect.)

The sleep state is believed to be conducive to out-of-body travel for several reasons. Whether or not we accept the notion that sleep itself is an out-of-body state, the biological body during sleep is typically in a relaxed, restful state, one of the essential conditions for astral disengagement. Also, the psychological state of the sleeping subject is typically peaceful and passive; conditions that further facilitate the slipping away of the astral from the physical body. Finally, the comfortable, quiet environmental conditions of sleep are likewise known to be conducive to the out-of-body state.

Shared Sleep-Induced OBEs

Case Study: OBEs Shared during Sleep. Spontaneous OBEs during sleep often include travel over recognizable landscapes, visits to distant destinations, and occasional interactions with acquaintances who may also be in the out-of-body state. A college professor

traveling abroad reported a "dream-like" out-of-body visit with her husband who was also in the out-of-body state. During the visit, they caressed, and after sharing intimate moments, discussed several happenings of the previous day, including the professor's purchase of a jade art object and her husband's minor fender-bender. On the following day, a call from her husband verified the out-of-body visit. He confirmed the fender-bender and she confirmed the purchase of the art object. Although their interaction the night before could be interpreted as a telepathic merging of thoughts between the two, it clearly had the fingerprints of an out-of-body interaction.

At another level, out-of-body visitations with spirit entities, including loved ones who have crossed over to the other side, occur frequently during the sleep state. Their purposes can range from facilitating recovery from grief to promoting enlightenment regarding survival of bodily death. At a highly practical level, they can provide insight and support related to unfinished business matters and important personal decisions.

Case Study: OBE Interaction with Deceased during Sleep I. A retail business owner reported an out-of-body visitation during sleep with her recently departed husband, an engineer who during the interaction guided her step-by-step through the settlement of certain complex business matters. By her report, "Without his guidance I could have made many incorrect and irreversible decisions." Although the out-of-body visit focused on business matters, she valued the interaction primarily because it provided reassurance of his survival and affirmation of his love beyond death.

Case Study: OBE Interaction with Deceased during Sleep II. Along a different line, a rehabilitation counselor whose husband had recently fallen to this death while mountain climbing became so overwhelmed at the tragic loss of the love of her life that suicide

became increasingly for her a reasonable option. Following his sudden death, she "fell into a dark abyss of hopelessness." Finally, out-of-body travel during sleep transported her to a moon-lit forest retreat with a stream flowing through it. Upon approaching the site, she saw her husband standing in the shadows of a towering oak, the exact tree under which they had first met. Enveloped in radiance, he reached forth to greet her. They embraced, and—in her own words—"I was lifted in an instant to a totally new level of complete joy and fulfillment." The out-of-body visitation with her husband, though brief, was the turning point in her recovery from grief. It gave reassurance of his endless love, not from a distant, unknown place, but from a familiar, tangible reality: a regal oak that symbolized enduring love. Other visits were to follow, some to that same location, but none more profound than that first out-of-body interaction under an ancient oak tree in a familiar forest setting.

Among the most meaningful OBEs during sleep are those that include travel to higher planes or dimensions of power. These experiences, often described as highly lucid and coherent in nature, are typically accompanied by the presence of advanced astral guides, comforting spirit helpers, or specialized growth facilitators. Consistently purposeful and free of disguise, they are usually designed to promote enlightenment or meet pressing situational demands. Here are a few examples:

Sleep and Spontaneous OBEs, and Their Role In Goal Realization

Case Study: OBE Academic Guidance during Sleep. A college student, age nineteen, who had recently received notice that he had been placed on academic probation, experienced during the drowsy state preceding sleep the comforting presence of a familiar spirit guide who reached out to him and lifted him gently upward

to what seemed to be another dimension of reality. In that ascended out-of-body state, he was accompanied by the guide to what seemed to be the central region of a golden energy plane. Bathed in the plane's energy and still in the presence of the guide, he experienced a liberated state in which all discoloration and turbulence around him seemed to dissolve away. Invigorated and, to use his word, "recharged" by the experience, he ascended far beyond the plane. Still accompanied by his guide, he entered an assemblage of advanced beings that radiated power unlike any force known to him before. With the infusion of power complete, he, along with the spirit guide, slowly returned to the golden plane, and from there, to his physical body at rest. Transformed (his word) by the experience, he knew with confidence that he had experienced the highest sources of enlightenment and power. Given a new focus and endowed with new power—both mental and spiritual—he renewed his career commitment and later graduated with honors. The experience, he noted, not only enriched him intellectually, it brought him into complete balance and oneness with the universe, a state that was intense and enduring. He is today an accomplished research physicist and college professor. (As a footnote, gold coloration in the astral realm is typically associated with intellectual prowess and achievement. The unusual academic and professional success that followed this student's experiences with the gold plane and assemblage of astral beings illustrates the typically long-range effects of empowering interactions with the astral realm.)

Case Study: OBE Healing Experience during Sleep. A university administrator, recently diagnosed with cancer, reported an out-of-body experience that, in her opinion, connected her to the healing energies of the astral realm. During the drowsy, hypnagogic stage of sleep, she was, by her account, escorted by a familiar spirit guide to a towering spiral structure that culminated at its apex with

a glowing orb of bright, iridescent green. Beginning at the base of the spiral, she slowly and effortlessly ascended upward, still accompanied by the familiar guide. Finally upon reaching the orb of green, she instantly experienced an infusion of power that, in her words, "was both renewing and recreating. I knew that I had experienced not only the highest energy but the highest energy source as well." The infusion of energy complete, she then glided comfortably down the spiral and from there to her physical body at rest. In her words, "The spiral of energy and its transforming effects are forever impressed in my being as a source of power whenever needed." Not to her surprise, her recovery from cancer was rapid and complete. (As a footnote, iridescent green in the astral realm, whether an orb, plane, dimension, or simply a point of light, is typically associated with health, fitness, and rejuvenation. Upward spiraling OBEs almost always signify progress or life-changing effects.)

Case Study: OBE Finding Lost Object during Sleep. In possibly a combination of astral travel and clairvoyance, a high school cheerleader discovered following a football game that she had lost her class ring. She contacted a friend, also a cheerleader, and together they returned to the stadium, hopeful of finding the ring perhaps on the platform where they had earlier performed, but to no avail. Before falling asleep that night, she retraced her steps of the evening, hopeful that she might recall perhaps having removed the ring and placing it in a secure place, but again to no avail. Finally upon falling asleep, she traveled out-of-body to the stadium and there in the moonlight, spotted her ring resting on a gate post at the field's entrance. Early the next day, she revisited the stadium with her friend and found the ring resting on the gate post exactly as seen during her out-of-body experience. Whether explained as out-of-body discovery, clairvoyance, or a combination of both, her experience when viewed objectively

illustrates the extraordinary power of the mind to acquire information and knowledge beyond sensory channels alone.

The Value of Case Histories In Developing Astral Projection Procedures

Case studies are important in our study of OBEs because they can provide the essential groundwork for the development of programs designed specifically to promote out-of-body travel, including travel during sleep. Among the most effective of these programs are a revision of Transitional Travel and Astral Flow. Both procedures capture the transitional stage of falling asleep and progress from there into the sleep state itself.

Practice is essential to the successful application of both procedures. It is important to become familiar with the full procedure before attempting to apply it. With repeated practice, you will develop the skills required to progress from one step to the next without referring to the written script. The out-of-body experience from beginning to end then becomes a natural, unfolding process with seemingly unlimited personal empowerment possibilities.

Sleep-Induced OBE Transitional Travel & Goal Realization

SLEEP-INDUCED OBE TRANSITIONAL TRAVEL PROCEDURE

Introduction. Transitional Travel is designed not only to facilitate easy out-of-body travel during sleep, but to actualize the empowerment potential of the travel experience. The goal-oriented procedure is especially effective for such self-development goals as breaking unwanted habits, promoting a more positive self-concept, and overcoming such fears as stage fright, claustrophobia, and fear of crowds.

The procedure is among the best-known methods for building

feelings of self-worth and security, even when those needs are not specified during the procedure. Inherent in our interactions with higher planes and ministering guides in the liberated out-of-body state seems to be a generalizing effect that targets our personal needs of the moment.

Here is the five-step procedure:

Step 1. Preparation. Just before falling asleep, relax your entire body by mentally scanning it and releasing all tension. Focus on slowing your breathing by first taking in a few deep breaths and exhaling slowly. As you become more and more relaxed, tell yourself that time is slowing down. Notice the sense of balance and attunement throughout your being.

Step 2. Affirmation. With your body relaxed and your mind at peace, tell yourself that, as you sleep, you will be free to slip out of your body and travel to a distant destination. Selecting a specific destination is optional. You can specify a particular goal, or you can choose to travel spontaneously. Invoke higher plane protection and the empowering presence of ministering guides by affirming:

I am fully protected and secure as I travel out-of-body.

Step 3. Mental Imagery. As you drift into drowsiness, visualize your astral body as a conscious light form disengaging your physical body and rising above it. In that projected state of awareness, view your physical body at rest enveloped in a protective glow. Give yourself permission to further disengage your physical body and travel to experience other realities.

Step 4. Astral Travel. With your physical body at rest, you can now flow spontaneously to other realities, including a predetermined destination. For a specific destination, visualize it if possible and re-affirm your intent to experience it. Give yourself permission to gain knowledge and power from the experience. Take as much time as needed to gain fully from the experience.

You will know when it is time to end travel and return to your body.

Step 5. Reentry. Conclude the astral adventure by turning your attention to your physical body at rest and giving yourself permission to return to it. Once you have returned to your body, you may choose either to awaken from sleep or to allow restful sleep to continue uninterrupted. Upon awakening, review the experience and reflect on its empowering effects.

Summary of Purpose & User Benefit: Managing stress and affirming a positive Feeling of Self-Worth during transitional life situations such as Career Change, Breaking up of Relationships, Financial Losses.

Transitional Travel is an excellent program for managing stress and building more effective coping mechanisms. Even in the absence of stress-management goals, repeated use of this procedure tends to extinguish feelings of insecurity and replace them with positive feelings of dignity and worth. The personal guides invoked by this procedure seem to know in advance our personal needs and are poised to fulfill them. By simply embracing their presence, you will experience an instant surge of inner security and power.

The demands of transitional life situations, such as career changes, breaking up of relationships, and retirement are especially receptive to transitional travel. A student teacher intern who used this program experienced a powerful presence that empowered her to effective cope with the stressors often inherent in intern situations. Another student, upon entering a challenging job situation, used the program to gain the skills and confidence demanded by the new position. Along another line, a retiree who lost a significant portion of his retirement program discovered through this procedure the guidance and insight required for a new

investment plan. The financial gains of the new plan far outweighed the potential benefits of the lost program.

The New Astral Flow Program

ASTRAL FLOW SLEEP ARREST PROCEDURE

Introduction. Astral flow is a laboratory-tested program designed to arrest sleep and induce out-of-body travel to distant physical as well as astral realities. The program begins with a mind-clearing exercise to extinguish active thought and introduce a positive state of well-being prior to sleep. Next, a state of inner harmony is generated through inner-focusing procedures, and finally, imagery and suggestions are used during arrested sleep to induce the out-of-body state. Here is the five-step procedure:

Step 1. OBEs Conditioning. In a peaceful, relaxed setting free of distractions, settle back and affirm your intent to travel out-of-body as you sleep. Clearly specify your objectives. If possible, supplement your stated objectives with visualization, including images of the outcome of the out-of-body experience.

> Upon formulating your objectives, free yourself of all active thought by visualizing your mind as a room with an open window through which your thoughts, as vaporous energy forms, can pass freely and then disappear. Continue this exercise until your mind is emptied of all worries, problems, and concerns. Should unwelcome thoughts enter your mind, do not respond to them. Rather, let them become vapor-like images that move away from you and disappear through the open window. Note the profound sense of renewal and well-being that accompanies this clearing process.

Step 2. Inner Harmony. Center your full attention on your breathing as you develop a rhythmic breathing pattern. You will note a sense of harmony and oneness with your body as you

continue to focus only on your breathing. At this moment, only your breathing is important. Pay attention to nothing else. After a short period of concentration, you will become fully absorbed in the wondrous inner world of your existence. You are, at that point, at perfect peace with your total being. Imagine peace as radiant energy infusing your body and enveloping your total being with a bright glow. By focusing on that glow, you can increase the sense of inner peace and harmony throughout your total being.

Step 3. Sleep Arrest. As drowsiness deepens, you can delay sleep by spreading the fingers of either or both hands and holding them in that spread position. As you continue to hold the finger-spread position, turn your attention to a magical garden situated somewhere in the distant astral realm. At the garden's center, visualize bright marble steps leading up to a magnificent astral fountain sending forth a glistening spray. Holding your vision of the splendid fountain, invoke the protective presence of higher astral powers, then gradually relax your fingers and you find yourself slowly slipping up and away from your body.

Step 4. The Journey. As you remain safely out-of-body, give yourself permission to travel to the magical garden with its astral fountain and glistening spray. Let yourself slowly ascend the marble steps leading up to the fountain as you sense its energy and power. You can now fully empower yourself by stepping into the fountain's glistening spray. Take plenty of time to soak in the fountain's radiant energy.

Once infused with the fountain's energy, you may choose to travel to other distant realities. To travel beyond the fountain, re-affirm your intent to experience other destinations, such as a particular plane of color or a certain domain of power. When possible, use visualization of your destination to facilitate astral travel. Once at your destination,

engage it in an empowering interaction as you sense the infusion of its powers. Take time to engage it in an empowering interaction appropriate to your stated objectives.

Step 5. The Return. Having reached your out-of-body destination and becoming infused with its powers, you can conclude the out-of-body experience by first returning to the magical fountain. Once in the fountain's presence, visualize your physical body at rest, and give yourself permission to reengage it. Upon awakening from sleep, review the out-of-body experience and its empowering effects.

Special Application: During your visit to the fountain in Step 4, you can easily adapt the procedure to meet specific health and fitness needs. By stepping into the fountain's spray, you can energize your body, mind, and spirit with health and renewal. You can direct the fountain's energy to specific biological organs and systems, infusing them with glowing vitality. You can draw from the fountain's rejuvenating powers to either slow or, in some instances, totally arrest aging. By lingering in the fountain's spray of healing energy, you can fortify your body's immune system, restore normal functioning to your biological organs and systems, and create a state of inner harmony. To maximize these health benefits, numerous visits to the fountain may be required, but the empowering results are well worth the time and effort. What better way to spend a portion of one's sleeping hours?

Summary of Purpose and User Benefits: Health and fitness needs, treating insomnia and sleep disorders, treating anxiety, depression and obsessive-compulsive disorders.

Aside from its physical health applications, astral flow has shown considerable promise as a mental health strategy. It has been particularly effective in the treatment of sleep disturbances, such as insomnia and breathing-related sleep disorders. It has also

been useful in the treatment of anxiety, depression and obsessive-compulsive disorders, including conditions with suicidal ideations. This unique procedure taps into our wealth of inner health resources as well as the immeasurable healing potentials of higher astral planes.

OBEs and Their Holistic Effect On Our Total Well-Being

Astral flow illustrates a critical psychic empowerment principle: any application of OBEs to empower any part of our being will invariably promote our total well-being, an effect we call holistic. For instance, when we use the out-of-body experience to intervene in a certain biological function, we inadvertently influence other functions, both mental and spiritual. We function, not in part but in whole. The empowering effects of specific programs are thus all-encompassing. They permeate our total being—mentally, physically, and spiritually.

Conclusion

As Shakespeare noted in The Tempest, “We are such stuff as dreams are made on and our little life is rounded with a sleep.” We can now add to that, “We are such stuff as OBEs are built on, and our life is rounded with power!” Once you have mastered the out-of-body skills related to sleep, you can use them to empower your total being with a vast new world of skills and growth possibilities. You can find ways of developing your dormant potentials and actually creating new ones. You can shape your own destiny, and experience firsthand a new depth of meaning to your existence. You will become empowered!

[contents]

8

INDUCING & GUIDING ASTRAL PROJECTION

Give me somewhere to stand, and I will move the earth.
—ARCHIMEDES

Consciousness Beyond Biological Limitation

Since spontaneous OBEs are consistently purposeful and empowerment-driven, it would reasonably follow that the deliberately or voluntarily induced experience would likewise be empowering. Perhaps not surprisingly, certain highly effective out-of-body induction and guiding programs have, in fact, been developed to achieve a wide range of personal goals. In this chapter, we will examine several laboratory-based programs with particular emphasis on procedures and techniques that promote personal growth and empowerment.

As already noted, spontaneous OBEs require no deliberate effort to initiate, and they typically run their course independently of our personal intervention. Voluntary OBEs, on the other hand, are self-induced and guided, usually for the express purpose of achieving a particular goal. Notwithstanding these differences, spontaneous and voluntary OBEs are essentially two sides of the same empowerment coin. Both are purposeful, and their underlying dynamics are essentially the same. Both require a disengagement of the astral body from its biological counterpart, and both liberate consciousness to experience realities beyond the confines of ordinary sensory experience.

Goal-Driven Voluntary (Induced) Obes

A major advantage of voluntary OBEs, aside from the fact that they can be initiated at will, is their structural design and built-in capacity to achieve designated goals. To maximize their empowerment potential, voluntary OBEs require two sets of acquired techniques—induction and guidance. Induction techniques are designed to initiate the appropriate out-of-body state, whereas guidance techniques are applied during the out-of-body state to direct the experience toward designated goals. Also, acquired guidance techniques can be used to intervene into spontaneous OBEs and direct their outcomes. Together, OBEs induction and guidance skills provide the essential components of an emerging OBEs technology that presents new challenges and creative options for all who wish to use this powerful tool. Like the artist who is master of the canvas, we can now become masters of the out-of-body experience.

Developing OBEs Induction and Guidance Skills

The same conditions that influence our overall development also affect our development of OBEs induction and guidance skills. Among the most critical of these conditions are a commitment to take command of our lives and an unwavering intent to learn and grow. Other influencing factors include a positive self-concept, an inquisitive mind, and a thirst for new knowledge. When we add to these a willingness to re-examine the basic nature of our existence, including our capacity to experience other dimensions of knowledge and power, we are well on our way to success in developing our out-of-body potentials.

Alternative Inductive Techniques for Individual Needs

Although numerous OBE induction and guidance procedures have been developed, no one best approach or set of techniques has

been forthcoming. Because each person is unique and experiences the out-of-body state differently, variations in out-of-body induction and guidance procedures are essential. Furthermore, no universally accepted theory of OBEs around which to develop the ideal procedure has yet emerged. This should not surprise us, however, since no universally accepted theory of personality, psychotherapy, or even creation has yet been developed. It remains up to each of us to explore a variety of concepts and methods in our efforts to discover those approaches that fit our needs and work best for us individually. As with other "not yet fully explained phenomena," the most convincing evidence of the existence and value of OBEs is personal experience.

Self-Guidance Skills to Focus On Goals

OBEs induction skills are important in at least two ways: First, they offer alternative methods that consider individual differences in preferences, abilities, and needs; and second, they can be used on command to induce the optimal out-of-body state. Equipped with appropriate induction skills, we are not required to wait for the out-of-body event to occur spontaneously; we can bring it forth at will to achieve a particular goal or to meet a present situational demand.

Like induction skills, OBEs guidance skills are also important in at least two ways: First, they can be applied to focus OBEs on specific empowerment goals; and second, they can ensure productive out-of-body travel by keeping the experience on target and preventing any interruption of it. Through mastery of effective guidance skills, we become, rather than passive bystanders, active participants in shaping and directing our out-of-body interactions.

Interaction with Inner Plane Teachers, Guides & Guardians

In developing our out-of-body induction and guidance skills, there can be no substitute for practice. Even experienced out-of-body travelers find that practice is essential toward fine-tuning their old procedures and mastering new ones. Only through practicing various approaches can we discover those techniques that meet our personal needs and work best for us individually. Equally as important, practicing our out-of-body skills increases our awareness of ourselves and puts us in touch with our spiritual side. Through OBEs, we can interact with higher plane teachers, spiritual guides, and personal guardians, some of whom may have accompanied us from birth, and possibly, even in past life. With practice, the out-of-body experience can extinguish our acquired fear of the unknown and replace it with optimism and joyous anticipation. Through OBEs, even death can take on a new perspective—it becomes an exciting passage into the light of a new and enriched existence rather than a dreaded leap into the darkness of the unknown.

OBEs seldom have negative side-effects, but in the absence of appropriate guidance, temporary adverse reactions have been known to occur. The most common negative effect seems to be associated with faulty perceptions, such as fear of either losing control of the experience or failing to reunite safely with the physical body. Fortunately, you can minimize or fully extinguish the probability of any negative physical or mental reaction through appropriate induction and guidance procedures.

PREPARATORY EXERCISE FOR SUCCESSFUL OBES

Introduction. Our laboratory studies at Athens State University uncovered the so-called Big Four Prerequisites of successful OBEs:

1. A peaceful mental state
2. Relevant mental imagery

3. Positive self-affirmations

4. A heightened awareness of the abundant resources of higher astral planes and our capacity to tap into them through the out-of-body experience

Although many out-of-body travelers report the spontaneous presence of a familiar personal guide who offers constant support for the duration of the out-of-body experience, the most highly effective empowerment procedures emphasize the early invocation of higher plane guidance and protection. This can ensure the ministering presence of specialized astral entities throughout the out-of-body experience.

You can invoke these empowering resources prior to induction and intermittently as needed during travel. (See, for example, Step 1, in the Procedural Guidelines for Successful OBEs below. As companions, they can promote a state of mental, physical, and spiritual balance that maximizes the effectiveness of the experience from the point of induction to a safe return. A constant awareness of the empowering
resources of higher planes is, of course, not only relevant to OBEs, it is an integral part of every empowered life.

Candle Meditation. Certain structured preparatory OBEs exercises have been found useful in promoting the out-of-body experience. Meditative procedures using a lighted candle, for instance, can be highly effective in developing the concentration skills required to induce and guide the experience. By focusing your attention on the lighted candle and affirming your empowerment goals, you can generate a mental and physical state that is conducive to out-of-body travel. The candle, which is typically situated at eye level and at a distance conducive to gazing, is recommended as a practice or preparatory tool rather than an out-of-body induction aid. For safety reasons, the candle should

always be extinguished before one enters the out-of-body state.

Moon View. Another excellent preparatory technique is called Moon View. This outside procedure requires comfortably focusing for a few minutes on the moon, preferably the full moon, and then, with eyes closed, imagining oneself literally visiting the moon and exploring its terrain. In our OBEs studies, college students using this procedure in a comfortable reclining position in an outside setting often imagined visiting the unseen side of the moon. When asked to draw a map of the moon's other side following the practice session, they drew maps that were remarkably similar, a finding that suggests they may have actually traveled out-of-body to view the other side of the moon.

In-Body Travel. Yet another effective practice exercise developed in our labs is In-Body Travel. For this procedure, the subject with eyes closed while resting in a comfortable reclining position selects a small body area—a hand, finger, or toe for instance—and centers full attention on that isolated area's physical sensations. Additional sensations, such as warmth, numbness, tingling, and pressure are then mentally generated and removed. Next, attention is moved from one body area to another while producing and removing sensations. The procedure is concluded by bringing all physical sensations into a state of complete rest. While designed primarily as a preliminary conditioning exercise, in-body travel can be used to induce the out-of-body state by visualizing the astral body rising above the physical body, which remains at complete rest and free of all physical sensations.

Creative Motion. For individuals who experience difficulty inducing the out-of-body state, a preparatory exercise called Creative Motion has been unusually effective. This exercise is designed to extinguish any subconscious resistance to the out-of-body experience, including travel to distant destinations. Creative

motion emphasizes the use of mental imagery that includes motion, such as a slowly moving cloud, a sail at sea, or even a magic carpet. Visualizing one's thoughts as leaves in a breeze or winged forms taking flight into the distance can be used to clear the mind and generate an attuned state that is conducive to astral travel. Practice exercises such as these are important primarily because they strengthen our mental capacity to reach beyond the confines of the biological body. By using imagery of thought forms engaging a distant destination, we become prepared both mentally and physically to enter the out-of-body state and interact with distant destinations, including higher planes and other dimensions of power.

Summary of Purpose and User Benefits: These practice exercises are important because they not only prepare us for the out-of-body experience, in some instances they can also be incorporated into comprehensive OBEs induction and management strategies, including very highly structured, step-by-step procedures. For instance, imagery of motion can include a vehicle transporting the astral body away from the physical body and into the distance. Examples include the astral body being borne upward in an energy sphere or carried away upon a cloud in a breeze.

Guidelines for Successful OBEs

OBEs can consist of simply an out-of-body state of increased awareness or they can include travel to distant destinations, including both temporal and nontemporal. The out-of-body state independent of travel is alone empowering. In that biologically disengaged state, all physical barriers to increased awareness and out-of-body interactions have been removed. We become empowered to experience other sources of knowledge and power, including nonphysical realms, intelligent guides, and in some instances, the departed.

The typical out-of-body experience consists of four distinct steps:

1. Disengagement
2. Destination
3. Interaction
4. Reengagement

Upon entering the out-of-body state, you can give permission for the experience to unfold spontaneously and independently of your direct control, or you can intervene and guide the experience to access distant sources of knowledge and power related to your specific goals. Experienced travelers recognize that whether the interaction is spontaneous or guided, it is important to remain alert throughout the experience and poised to intervene as needed.

PROCEDURAL GUIDELINES FOR SUCCESSFUL OBES

Introduction. The following guidelines identify the conditions generally considered relevant to each major step of the out-of-body experience. They provide a flexible framework within which you can implement more specific procedures to achieve a variety of out-of-body goals.

Step 1: Disengagement. The disengagement of the astral from the biological is typically initiated by first settling back in a comfortable reclining or lying down position with hands resting at the sides and legs uncrossed so as not to cut off circulation. With eyes closed, the mind is then cleared of active thought as the physical body becomes increasingly relaxed. Once the physical body is fully relaxed and the mind is cleared, a positive state of well-being is generated through appropriate imagery and self-empowering affirmations. Examples are:

> I am relaxed and at complete peace with myself and the universe. I am enveloped in protective, positive energy. As I prepare to leave my body to experience

other realities, I am fully infused with peace and serenity. Throughout this experience, I will be shielded and protected— mentally, physically, and spiritually—by the guiding powers of higher
astral planes. My physical body at rest will remain safely enveloped in positive energy as I journey to other realities. I will return safely to my body at any moment by simply deciding to do so. Upon my return, my total being will be refreshed, invigorated, and empowered.

Following these affirmations, imagining consciousness as a glowing energy form rising gently from the body is often introduced, a process aided by images of motion. Floating balloons, or a white sail pushed gently by a breeze, are good images to focus on. Following a few moments in which the mental pictures become progressively clearer, the physical body, safely enfolded in a protective glow, is usually visualized from overhead until full awareness of being out-of-body occurs. The out-of-body state typically emerges gradually as sensations of weightlessness and floating gently upward. Occasionally, however, the out-of-body state will occur rapidly as a vigorous separation of the astral from the physical body.

Step 2: Destination. Intent to experience another destination or source of empowerment typically initiates the out-of-body travel. The destination or source can be either designated or open-ended. It can be a tangible site or an intangible dimension. Once a sense of separation from the body is fully established, mental images of the destination can facilitate travel. For distant tangible destinations, images of the location, including aerial images, can facilitate travel. For intangible destinations, such as higher astral planes, images of multicolored structures or dimensions filled with

light are often useful. For spontaneous interactions, travel unfolds independent of direct guidance. Many experienced travelers report that once out-of-body, they can effortlessly be wherever they choose to be at the moment.

Step 3: Interaction. An extensive range of empowering experiences, including observations, interactions, and goal-related activities, can unfold at this stage, either from a distance or upon reaching the destination. This is the empowering peak of most OBEs. At this point, critical insight and highly significant knowledge often emerge. Astral interactions initiated at this stage can be profoundly empowering, and in some instances, life-changing.

Step 4: Re-engagement. Although a variety of astral/body re-engagement techniques have been developed, the typical return is usually initiated simply by a deliberate intent to reengage the physical body. As in astral travel to a distant site, the return destination is visualized—in this case, the physical body at rest—followed by travel itself. Once in the presence of the physical body, the astral body is mentally guided to gently reengage with the physical body. Although the return and reentry is usually gradual, many experienced travelers report the ability to reunite rapidly with the physical body.

> Following re-engagement with the biological, attention is usually focused on breathing and various other physical sensations. A concluding period of reflection and resolution maximizes the empowering benefits of the experience.

Summary of Purpose and User Benefits: Increased awareness and out-of body interactions result once the astral body separates from the limitations imposed by the physical body. Now it is possible to directly experience nonphysical sources of knowledge and power, interact with nonphysical beings, and even the

departed. Once in the OBE state, experience can unfold spontaneously or you can guide the experience toward established goals.

Positive Astral Energy Shielding

Although it is possible to occasionally encounter negative conditions during OBEs, the out-of-body state does not automatically increase our vulnerability to negativity. We are, in fact, better equipped in the out-of-body state than in the typical biologically engaged state to counteract any negative or opposing influence. In the out-of-body state, the astral body is liberated from all biological constraints, and once enveloped in its own positive force field and shielded with positive astral energy, it can effectively dispel any negative effect. Positive astral energy consistently counteracts the threat of opposing forces. Infused with positive astral energy, we are fully empowered to dispel all negativity that could hamper astral travel or in other ways thwart the astral experience. Because they exercise our coping and defense capacities, OBEs become growth resources that ensure a more positive, empowered life style that is so important to successful daily living.

Step-by-Step Astral Projection Programs

Over recent years, several highly effective step-by-step astral projection programs have been developed in our laboratories. Some of these programs are based on analyses of procedures used by experienced subjects outside the laboratory, whereas others originated in the laboratory. All, however, were tested for effectiveness under stringently controlled conditions. While some of the procedures were designed for specific empowerment goals, others were developed simply as general practice exercises for building the out-of-body skills required for a wide range of purposes.

Several of the programs developed in our laboratories were found to have multiple applications. Among the most highly effective of these are OBEs Levitation, Astral Walk, Mirror Image, and Astral Surfing. Interestingly, certain gender differences in the effectiveness of these procedures have been noted, with women typically more responsive to Mirror Image and men typically more responsive to Astral Walk. OBEs Levitation and Astral Surfing were found to be equally effective for men and women. These four procedures, as detailed in the following discussion, are flexible and can be altered as needed to meet individual preferences and styles. They can be easily revised to fit individual comfort zones and to incorporate a wide range of empowering resources, such as ministering angels and spirit guides. Each procedure emphasizes personal responsibility, motivation, and clearly formulated goals as the primary components shaping the empowerment outcome. Approximately one hour, during which there are no distractions, should be set aside for each procedure.

OBES LEVITATION PROCEDURE

Introduction. OBEs Levitation is an interactive induction procedure that uses impressions of physical weightlessness to facilitate astral disengagement from the physical body. Spontaneous OBEs are often initiated by sensations of slowly drifting upward and away from the physical body as it remains at rest.

OBEs Levitation promotes that natural out-of-body phenomenon by deliberately introducing physical sensations of weightlessness, followed by imagery of the biological body levitating and then returning to its original position, but with the astral body remaining in the levitated state.

OBEs Levitation requires only sensations of biological levitation, not actual levitation. The rationale for this procedure is that sensations of biological levitation can literally release the astral

body from the physical body, thereby producing astral levitation.

Here is the eight-step procedure:

Step 1. While resting in a comfortable, reclining position, mentally scan your total body from your head downward, pausing at areas of tension and letting them relax. Slow your breathing, taking a little longer to exhale, until you develop a relaxed, effortless breathing pattern.

Step 2. Focus your full attention on your physical body and imagine it becoming lighter and lighter, until finally, it seems to become weightless.

Step 3. As the sense of weightlessness continues, imagine your physical body, as light as a feather, beginning to rise slowly. Next, visualize your physical body momentarily suspended in space, then slowly returning to its original position, but leaving your consciousness behind in astral form, still suspended over your physical body.

Step 4. From overhead, view your physical body, now resting comfortably below. Notice your sense of weightlessness and separation from your physical body.

Step 5. Invoke the positive energies of higher astral planes by visualizing your projected astral body, as well as your physical body below, surrounded by white radiance, then affirming:

> My total being is now enveloped in the powerful radiance of cosmic energy. As I travel beyond my body, I will be empowered and protected, mentally, physically, and spiritually, by the positive energies of higher astral planes. I will return to my physical body at any time by simple intent alone.

Step 6. Give yourself permission to travel to any pre-determined destination, or simply allow travel to unfold effortlessly and spontaneously. Make in-flight corrections, as needed, by

consciously intervening into the out-of-body experience. Reaffirm periodically the presence of powerful cosmic energy infusing your total being, including your physical body as it rests safely at a distance.

Step 7. To return to your physical body, visualize it in its familiar setting, then simply affirm your intent to return to it. Allow plenty of time for the return, and once in the presence of your physical body, passively at rest, give yourself permission to re-unite with it. Upon reengaging your body, notice your breathing and various other physical sensations.

Step 8. Conclude the procedure with a brief period of rest and reflection. Give particular attention to the empowering relevance of the experience.

Summary of Purpose and User Benefits: OBEs levitation is valued not only as an effective practice procedure for developing out-of-body skills, it has also gained recognition as an important health and fitness tool. Individuals who routinely practice this procedure invariably experience a general improvement in overall health. They become less anxious and more energetic. They develop a more optimistic outlook and a more positive self-image.

The procedure has been highly effective in weight management and stop-smoking programs when combined with pre- and post-induction conditioning that included affirmations designed to build self-esteem and a success orientation.

It is also effective as a pain management program. A student who suffered a back injury in a fall and was considering dropping out of college decided to use OBEs Levitation in his effort to reduce the persistent pain. At step 3 of the procedure, he experienced a complete alleviation of pain as his astral body remained suspended over the physical. While remaining in the out-of-body state, he visited a distant dimension in which, by his

report, he received an "astral massage" by a gathering of "health specialists." The massage ended with the transfer of "green energy waves" which he soaked deeply into his astral energy system. Upon returning to his body at rest, he experienced the "warmth of healing" accompanied by only a dull sensation of pain. Through repeated use of OBEs Levitation, he soon became free of the pain that had severely restricted his life.

ASTRAL WALK PROCEDURE

Introduction. While walking is usually considered simply a physical activity, it can be seen metaphorically as a social, psychological, and psychical phenomenon. In our interpersonal relationships, for instance, we adjust social distance by mentally walking toward, away from, or with people.

Astral Walk is an OBE procedure that introduces out-of-body walking as a figurative phenomenon: Astrally, we walk away from the physical body and into the astral mode. At the end of the out-of-body experience, we walk back into the body.

Astral Walk is a structured, eight-step procedure designed to generate an empowered mental state and productive out-of-body interactions. The procedure identifies the three essential components of empowering OBEs as peace, balance, and harmony, and then assigns each component a color. Next, the three colors are blended to give substance to the astral body, which is then readily visualized. The blending process is not required to follow the principles of color mixing, and can produce any shade of any color, as well as pure white. The colors black or gray, however, are not recommended as astral colors, because of the potentially disempowering frequencies of these colors when assigned to the astral body.

Here is the procedure:

Step 1. Inner Peace. Assume a relaxed position, and develop a

slow, rhythmic breathing pattern. It may help to breathe deeply and slowly for a few moments while focusing only on your breathing. Mentally scan your physical body, pausing at points of tension and allowing relaxation to soak deep into the muscles and joints.

Once your body is fully relaxed, clear your mind by letting go of all active thoughts. Imagine your thoughts as having wings, taking off and disappearing into the distance until all that remains behind is peace of mind. Picture peace of mind as a soft pastel color, then affirm:

I am at complete peace.

Step 2. Inner Balance. With your body relaxed and your mind at peace, picture the innermost core of your being actively radiating harmony and balancing you mentally, physically, and spiritually. As you sense that balanced vibration, assign it a vibrant color that infuses your total being.

Step 3. Cosmic Harmony. Picture the vast universe and let yourself become an integral part of it. Visualize the starry heavens and the distant reaches of space. Imagine other distant dimensions and planes far beyond the reach of our most powerful telescopes. As you reflect on the limitlessness of the universe, notice your sense of cosmic harmony, and assign it a color. Allow that color to surround you and totally permeate your being. Affirm:

I am a part of all that exists.

Step 4. Cosmic Power. Visualize the three colors representing peace, balance, and cosmic harmony merging, coming together, to form a fourth color signifying cosmic power. Visualize your astral body soaking in the coloration of cosmic power.

Step 5. Astral Walk-Out. This critical step introduces the out-of-body experience. As your biological body remains at rest, invoke the protection of higher astral planes and affirm:

I am now ready to leave my body. My total being—

mental, physical, and spiritual—will be protected and secure as I travel out-of-body.

Take in a few very deep breaths, and upon slowly exhaling, sense the pleasant disengagement and projection of your astral body, smoothly rising above your biological body and taking on the coloration of cosmic power as designated in Step 4 above. Notice your sense of freedom and release. You are now prepared to travel out-of-body into realities beyond your present environment.

Step 6: Astral Travel. To step into the astral travel mode, affirm:

I am now empowered to travel wherever I wish to go. Intent alone is sufficient to take me to distant destinations and then bring me back to my physical body. As I travel, I will be enveloped in protective energy. My physical body at rest will be safe, secure, and fully infused with positive energy.

Visualize your astral destination and give yourself permission to travel to it. Focus on the destination until you sense its presence. Upon reaching your destination, you can initiate relevant out-of-body interactions at will.

Step 7. The Return. You can end out-of-body travel and reunite with your physical body at any point during the experience by simply affirming your intent to return and visualizing your physical body at rest in its familiar setting. The re-engagement process is usually smooth and effortless.

Step 8. Resolution. Upon reuniting with your physical body, again visualize the three colors representing peace, balance, and cosmic harmony coming together to form the color of cosmic power. Sense the quiet blending of colors and the ensuing infusion of power. Conclude the experience by affirming:

I am now infused with abundant cosmic power. I am

at complete peace and total harmony with the universe.

Summary of Purpose and User Benefits: Astral Walk has been especially effective when used to resolve problems related to interpersonal relationships, possibly because the program views OBEs as metaphorically paralleling certain social behaviors. In couples counseling, astral walk when practiced by both partners, either together or individually, can open communication channels and rapidly improve the quality of relationships.

While typically considered nonconventional, out-of-body therapy using astral walk is often far more effective than long-term couples therapy.

MIRROR IMAGE PROCEDURE

Introduction. Although the mirror is often viewed as a somewhat less than elegant tool for out-of-body induction, its usefulness has been repeatedly demonstrated both in the laboratory setting and in OBEs training programs. As an OBEs tool, the mirror provides an external point of focus that facilitates imagery and concentration, both of which help exteriorize awareness and promote the out-of-body state. The mirror is also useful as an OBEs resolution tool because of its capacity to give empowering substance to post-OBEs affirmations.

Mirror Image requires a full-length mirror, either wall-mounted or free-standing, for out-of-body induction in a seated or reclining position. For induction in the lying down position, an overhead full-length mirror is required.

Here is the procedure:

Step 1. Formulate your OBE's objectives. Your objective may be simply to explore mirror image as an induction approach, or you may wish to travel out-of-body to a specified destination to achieve a particular empowerment goal.

Step 2. Having formulated your objectives, settle back and, as

you become progressively relaxed, view yourself in the mirror, paying particular attention to your eyes. Think of them as "windows of the soul."

Step 3. While focusing on your eyes, expand your peripheral vision to take in your total body. Then further expand your visual field to take in the full mirror and its surroundings. Expand your peripheral vision to its limits, and let your eyes fall slightly out of focus. You will then notice the so-called "peripheral effect" in which your visual field takes on a whitish glow. At that point, notice the relaxation deepening as you become increasingly tranquil and serene.

Step 4. Return your focus to your eyes, and again think of them as windows of the soul.

Step 5. After a few moments of focusing your full attention on your eyes, imagine your image in the mirror as your true self. Then, shift your awareness onto that image by imagining your true self on the other side of the mirror. From your position beyond the mirror, view your physical body, paying particular attention again to your eyes. Sense the distance between yourself and your physical body. Should your awareness begin to slip back to your physical body, shift it back to your image beyond the mirror. With practice, this process becomes increasingly easy.

Step 6. Once your awareness is comfortably settled into the image of yourself beyond the mirror, close your eyes and picture your physical body resting at a distance, enveloped in a bright radiance.

Step 7. Visualize your astral being beyond the mirror surrounded by the glow of astral energy, and invoke the protection of higher astral planes. Affirm:

> I am fully infused—mentally, physically, and spiritually—with radiant energy. I am secure and fully

protected. I can reengage my physical body at will.

Step 8. At this step, direct the out-of-body experience toward your previously stated goals. You may wish simply to experience the out-of-body state, or you may prefer to travel to a particular destination. You may wish to access and interact with distant physical realities or higher astral planes. You can also initiate spontaneous or exploratory travel at this level.

Step 9. To end the out-of-body experience, view your physical body resting passively in its familiar surroundings, and give yourself permission to return to it. Once in the presence of your physical body, let yourself become fully reunited with it.

Step 10. Conclude the procedure by first noticing the various sensations of your physical body, and then, upon opening your eyes, viewing yourself in the mirror and affirming:

> As I view myself in the mirror, I see my true self—secure, self-confident,
> and totally empowered. Add to these, fully rejuvenated if you wish.

Alternative Applications: Mirror image is a powerful program that's useful for almost any self-empowerment goal. It is especially effective for goals related to health, fitness, and rejuvenation. For that application, the recommended astral plane is emerald green. By interacting with it at Step 8 either from a distance or close up, you can bathe the astral body in the plane's healthful, rejuvenating green energy and, once infused, you can channel that energy to your physical body at rest. As you interact with your physical body below enveloped in iridescent green, you can use your astral body's psychokinetic powers to literally erase the physical signs of aging and fully infuse your body with healthful energy and rejuvenation. The rejuvenation process is concluded with relevant astral affirmations that are forwarded to the physical body still at

rest in the distance.

You may decide to use mirror image to interact with an astral massage specialist who slowly massages your astral body with healthful energy from your head region to the tips of your toes. Upon completion of the massage, your astral body becomes a powerful force that infuses your biological body with healthful energy upon reengaging it. Although illness, both mental and physical, is unknown to the astral body, the empowering aura massage endows it with an abundance of positive, healthful energy for easy transfer to the physical body.

In Step 9, before engaging the physical body upon your return, again affirm the empowering effects of this experience. You will note at that point the glow of radiant emerald energy enveloping your physical body. Once reunited with your body in Step 10, view yourself in the mirror and note the glow of radiant green energy enveloping your physical body. You may note actual evidence of rejuvenation in your physical appearance. This application of mirror image requires practice, but with experience you will discover for yourself a personal fountain of youth that, like an everlasting spring, is bountiful and enduring.

Aside from its use for goals related to better health and rejuvenation, the mirror image program that includes the out-of-body astral massage, as it's now known, has shown excellent promise when practiced by couples experiencing sexual arousal deficiencies. For that application, the comfortable bedroom setting with a mirrored ceiling is recommended for use by the couple in viewing the body, nude if preferred, while lying comfortably together. Each step of the program is practiced together. Mutual sexual arousal and sexual climax are not uncommon during astral massage, as well as following re-engagement of the physical body.

Summary of Purpose and User Benefits: Especially effective for

goals related to health, fitness, and rejuvenation. With massage, your astral body becomes a powerful force that infuses your biological body with healthful energy upon reengaging it. With astral massage it has shown excellent promise when practiced by couples experiencing sexual arousal deficiencies.

ASTRAL SURFING PROCEDURE

Introduction. Astral Surfing is an advanced out-of-body program using highly flexible induction and management procedures. It emphasizes spontaneous out-of-body exploration of the cosmos in the absence of structured limits or specifically defined goals. The scope of surfing is expansive and comprises a sweeping survey of astral options. Surfing the cosmos can be compared to surfing the lyceum hall with its inspirational lectures, concerts, and entertainments. It is based on the premise that consciousness in the out-of-body state can scan the universe, surf among rich astral planes, and discover new realms of pleasure and power. Astral surfing is a valued procedure for unleashing hidden intellectual and creative potentials. Not surprisingly, peak insights and optimal solutions often emanate from astral surfing.

Astral surfing requires conditions similar to other OBEs induction and management procedures—a firm resolve to experience the out-of-body state, appropriate safeguards, and empowering imagery and affirmations. This program differs, however, from other methods in that it provides a highly pliable framework for exploring the universe and surfing among astral planes. Astral surfing suggests options rather than prescribing procedures. This flexible approach recognizes individual differences in the ability to independently direct the astral experience while in the out-of-body state.

Astral surfing is sufficiently flexible that it can easily be adapted for couples or group surfing. Here is the five-step procedure, which can be readily adapted to meet individual preferences and

needs:

Step 1. Preliminary Considerations. A period of at least one hour, during which brief, periodic re-engagements of the physical body can occur, is recommended for surfing. These transient reentries provide brief intermissions during which the unfolding astral flights can be evaluated and reflected upon.

Invocations that assure complete cosmic protection through affirmations and imagery of being encased in light are recommended at the beginning and periodically throughout the procedure.

Step 2. Induction. To induce the out-of-body state, settle back and let your physical body become progressively relaxed as your thoughts become increasingly passive.

Visualizing an astral flight vehicle—such as a crystalline capsule or carpet of energy—bearing consciousness in astral body form, flowing upward and away from your physical body can facilitate induction of the out-of-body state. Imagery of the flight vehicle is likewise effective for periodic reentries and reinitiation of surfing.

Step 3. Surfing. To initiate surfing, visualize a three-dimensional cosmic design of the universe with flight pathways among cosmic points, dimensions, and planes.

Points in the cosmic design typically signify brilliant concentrations of cosmic energy, with the colors of a given point denoting its particular empowerment attribute. For example, green signifies health and rejuvenation, yellow signifies intellectual and social power, and blue signifies serenity and balance. Cosmic points can be aligned along an inviting surfing thoroughfare, or they can exist as isolated concentrations of bright energies receptive to our interaction.

In contrast to points, cosmic dimensions are large, glowing

domains of energy in the cosmic realm. Dimensions vary in size, color, intensity, and shape. Some are so distant that they are barely visible to the astral eye, whereas others dominate the cosmic terrain. Certain expansive dimensions embody constellations of bright cosmic points and planes, whereas others emit only a soft, inviting cosmic glow.

Cosmic planes are represented by layers of radiant energy in the cosmic realm, with each layer differing in design and color. Certain planes appear rugged and irregular, whereas others are smooth and controlled. Some planes exist as components of a complex astral design, while others appear independent of other cosmic structures. Like certain cosmic dimensions, some planes seem almost impenetrable, while others challenge contact and interaction.

Surfing among points, dimensions, and planes can be either spontaneous or destination-oriented. Spontaneous surfing unfolds effortlessly and requires no astral itinerary or flight plan. You can travel freely in and out of planes and dimensions, stopping over at will and then moving away from them; or you can deliberately enter various dimensions and planes to access their empowering properties and focus them on specific goals. In contrast to spontaneous surfing, destination-oriented surfing requires deliberately choosing particular pathways as travel routes to designated dimensions, points, or planes.

Step 4. Astral Return. To end out-of-body travel, simply visualize your physical body in its familiar setting and give yourself permission to return to it. A sense of being present in the body accompanied by specific physical sensations signals a successful reentry.

Step 5. Conclusion. Conclude astral surfing by briefly reviewing

the experience and reflecting on its empowering effects.

Summary of Purpose and User Benefits: Astral surfing is an easily mastered program that has a variety of self-empowerment applications. It is especially effective for goals related to managing stress, solving problems, increasing creativity, and simply exploring the nature of the astral realm. It is sufficiently flexible that it can be practiced by individuals, couples, and groups. In situations involving companion or group travel, the program offers opportunities to share the travel experiences and plan subsequent excursions. Although more research and development are needed to refine companion and group astral surfing, preliminary studies suggest a wide range of rewarding benefits. Examples include more satisfying social interactions and greater career success. In the college setting, art students who used astral surfing reported a dramatic increase in creative ideas and marked improvements in their art works, including both painting and sculpture.

Along a different line, couples who jointly used astral surfing reported profound enrichments in their relationships, including increased sexual satisfaction.

Conclusion

The programs presented in this chapter are designed to build basic out-of-body induction and guidance skills. Through our out-of-body interactions, we can experience an astral realm of unlimited possibilities. We can discover new possibilities for enlightenment, rejuvenation, longevity, better health, and success. At a global level, we can find ways of making the planet a better place. In the chapters that follow, we will explore many advanced concepts and highly specialized out-of-body programs with special emphasis on the empowering potentials and practical applications of the out-of-body experience.

[contents]

9
ASTRAL PROJECTION & ASTRAL POWERS

The Final Frontier

The psychic nature of our being is possibly the last great frontier in our search for knowledge and understanding. Today, as never before, we are challenged not only to explore that frontier and make some sense of it, but to develop a new psychic technology that benefits everyone, both now and in the future. The starting point must be a raised psychic consciousness and a firm commitment to explore and actualize our highest potentials, including our extrasensory capacities. Our higher evolution is inextricably linked to our psychic unfolding.

Our familiar physical senses tell us that we live in a physical body in a physical universe ruled by physical laws. Based on that perception, our entire view of reality has been defined by physicality, and until recently at the beginning of the twentieth century that was projected as a purely mechanical understanding of the universe and ourselves within it. Consciousness was believed to be a function of the physical brain, and spirit and soul were—if accepted at all—seen purely in terms of "faith."

Even as there was mounting evidence of phenomenon someway between the physical dimension and that of faith, we still viewed the inner world of consciousness, of psychic powers and spiritual dimensions, as similarly made up of bodies and worlds of differing substances that was assumed to function within a

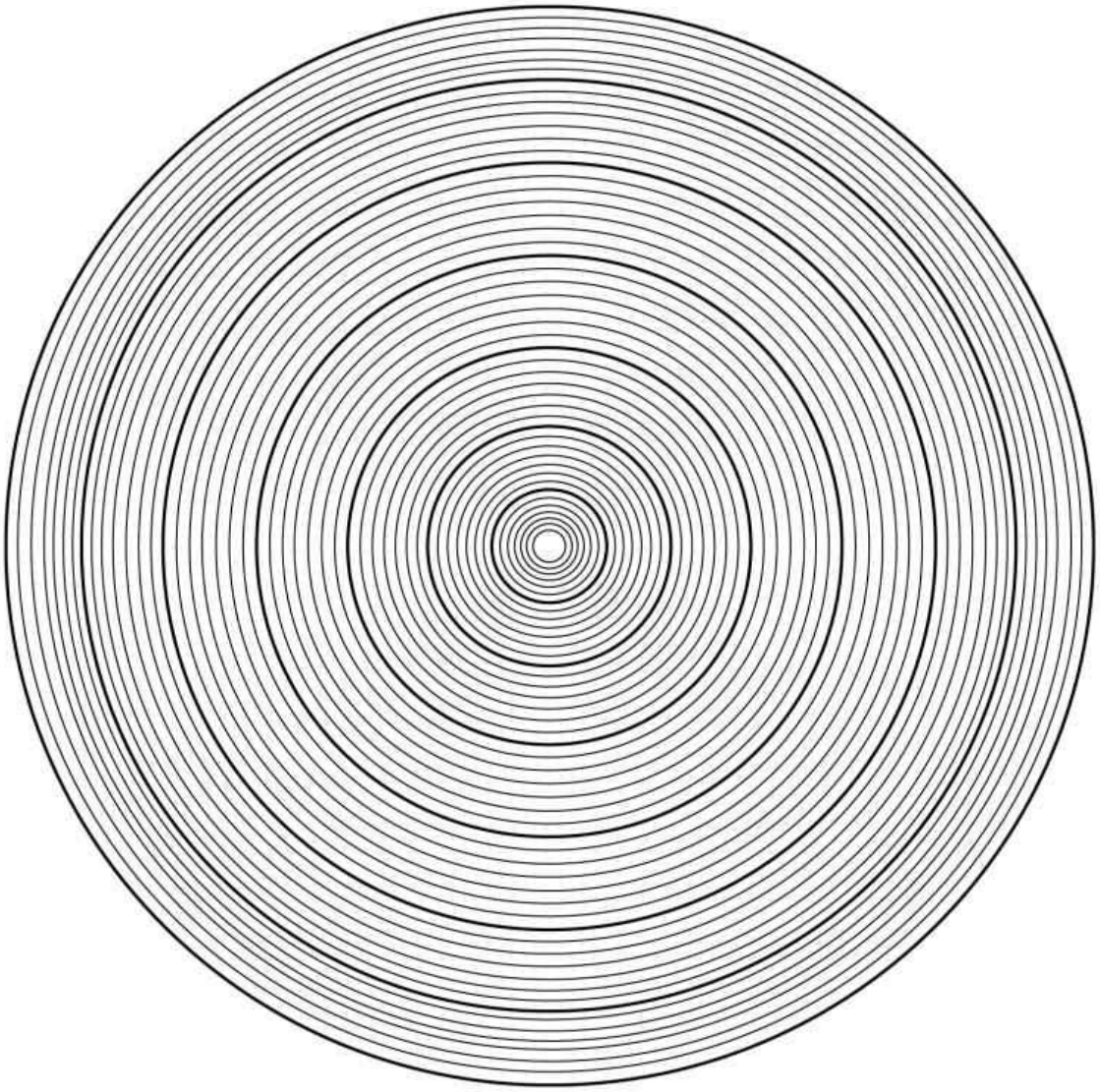
physical universe of many dimensions.

Even the new philosophies of Spiritualism and Occultism essentially followed a somewhat modified Newtonian clockwork concept of the universe. We see the physical world about us and think of it as defining, and limiting the nature of reality. We use this perceived physical reality as a model upon which we raise a similar structure of planes and bodies and give them names that seemingly define and establish their reality.

Consensus Reality: A Source of Illusion

What if, instead, we consider this physical world, as we perceive it, to be an illusion—an illusion so powerful that it we accept it as "real" and in our endeavors to understand this reality we have given it still greater "hardness" through our statements of physical laws.

Look again at the chart of the Seven Bodies and Seven Planes back in chapter one and recognize that the physical plane is at the very bottom of our chart, or—if instead we see it as a globe—the physical plane can be pictured as the outermost of forty-nine (using the seven sub-planes of each plane) concentric globes, and the astral, mental, and others being our inner reality.



Forty-nine Dimensions (Planes) as a Globe

But, still more challenging, rather than forty-nine concentric circles growing from a small inner core to the larger outer “skin” that is the solid substance of the physical world and body, think of it as a three-dimensional globe, and then realize that instead of layers like in an onion all these sub-planes coexist in the same time and place differentiated in energy and consciousness only by changing rates of vibration.

Then we have to see that in this new perception, we do not have real bodies (physical, astral, mental, etc.) but actually different levels and states of consciousness.

We only think that because our consensus reality has created a complex physical shell (called a "body") within which we center our awareness, that we have forty-eight other bodies—or, rather—six other, inner, bodies composed of seven layers or types of substance. Instead, many astral travelers report not seeing astral bodies at all, but three-dimensional oval shapes. Others see what they expect to see and still others see thought forms used as bodies of astral travelers. More about thought forms later.

Consciousness: The Ultimate Reality

Consciousness is the ultimate reality of our study. Even when we use charts and diagrams as we have done, we are not so much describing reality as using a convenient method trying to understand particular aspects of consciousness and what we do sometimes refer to as "alternative reality."

Don't let these charts and diagrams become your image of the astral body.

Do We Have a Definite Astral Body? Maybe Yes, Maybe No

So, now we have two vastly different concepts of reality. Maybe, because of strong consensus, we have to accept the familiar concept of a hard outer shell of the physical body in a physical universe, but maybe also this alternative energetic view will help us avoid thinking that the astral and other bodies are definitively similar (equally hard within their planes) to the physical counterpart, and that they follow similar laws to those of our physical plane.

Let's do one more change—turn our world inside out and make the inner core of our globe the hard physical plane and body and the higher planes and bodies sequentially larger layers, and posit that each layer in turn contain the preceding lower levels.

The point we are making is that these other bodies are with us all the time, and we never are distinctively physical, and then distinctively astral and then distinctively mental. We are all these at once, but we center our consciousness within one set of parameters and experience and use that reality, and then we can center our consciousness within another set of parameters and experience that reality.

Just as each higher level contains the essence of the preceding lower level, we can eventually incorporate the lower consciousness into an expanding higher consciousness. It's as if, after taking one step at a time upward on a ladder of consciousness, we can fold that ladder into one single comprehension of ultimate reality.

Lest you think all of this discussion of illusion is a futile exercise in imagination, we will demonstrate how imagined thought forms become perceptively real in other chapters.

Illusion or Reality: Does It Change Anything?

Not really. We are confined to our **consensus reality,** and only gradually will we grow one layer, one plane, one body at a time as we incarnate again and again, growing, learning, and writing one chapter at a time until our Book of Life is complete and we incarnate no more. Instead, we incorporate all we have learned and become that immortal self that in turn will merge back into the monad that is a direct expression of the highest divine self or spirit.

We live in a hard world that cannot change except as we change. Our reality has been shaped by our beliefs, and mostly our beliefs have been taught to us from the distorted views of "authorities" who themselves were taught in a similar manner—compounding distortion, limitation, error, omission, misinterpretation, and personal greed— while ignoring and repressing contrary views and factual claims.

Can We Change "Reality?"

Yes, We Can!

We change as we grow in consciousness and expand our field of awareness. That's why what we call astral projection is so important. No matter our view of reality, which is always limited by our level of consciousness, we grow by moving the center of consciousness to a higher level—one which we name the astral body.

Ultimately, lower and higher become one, just as inner becomes outer and our reality is defined by its own Divine Source and not by the limited distortions that we know and experience as our incarnate selves and fellow companions in the great cycle of life and death and rebirth.

As we grow to become more than we are, we begin to cocreate a new reality more in harmony with that conceived by the Source.

We are the children, but as children we can grow into adults, always becoming more than we are until we become All that Is—the ultimate Divine Reality.

But—We Are Here Now!
We Start With the World As We Perceive It

We start with the world we perceive, and we grow by understanding even as we must acknowledge that our vision is limited and may be distorted by our consensual ability to create. That's the world as we know it! As we continue our study of consciousness we will gain in our ability to understand and even shape consensual reality to better reflect the world as it can be!

We experiment to test our theories instead of merely accepting the views of those who have gone before us. We don't argue over the fine points of thousands of years-old theology, nor of scientific and academic theories of yesterday. We test and verify, and change what we must. We can only become more than we are by changing who we are—by modifying yesterday's beliefs through

understanding today's experience.

Defined By Our Belief System

We are defined by our belief system, but that system must be constantly updated by "patches" and new versions. As we change, reality changes through consensus—hence the importance of our publication and communication of our new knowledge. Even though the Internet today contains much poor information right alongside good information, we are growing in our ability to better distinguish deliberate misinformation and outright fantasy from sound and accurate knowledge unprejudiced by sectarian and commercial claims.

Nothing is static except the beginning, which is unknowable, and the ending which may or may not be pre-determined.

Psychic Empowerment, the Etheric Body, and Astral Powers

All those powers and skills we call "psychic" are extensions of conscious awareness. We will attribute their development to the astral level, but we have to use a bit of caution here as certain of them also benefited from the development and training of higher levels of the etheric body. The more physical they seem—such as dowsing skills—the more they involve the etheric body's abilities to sense particular ranges of energies defined by their vibratory rate.

Even the mundane side of many divinatory systems—such as shuffling and spreading Tarot cards—brings these etheric sensitivities into play, and connects the physical action to the astral consciousness, including the memories and knowledge we attribute to the subconscious mind!

Etheric Body: Gateway To Higher Planes

Clairvoyance and telepathy are other examples of skills that

involve both etheric and astral levels. Anything that has a physical aspect—including person to person telepathic communication, clairvoyant examination of a physical artifact, the psychokinetic movement of physical objects, mind-body and energy healing, the use of "astral doorways" in path-working guided meditation and astral travel, and other practices—do bring together the etheric and astral levels of consciousness.

The etheric is in many ways our bridge or gateway to the higher planes. It isn't that there are special etheric actions that you must perform to bridge to a higher state of consciousness, but understanding that—so long as you are physically incarnate—the etheric and especially the chakras do function in this manner.

The Great Secret

Another important and often overlooked factor—so overlooked that some writers call it the "great secret"—is that the higher always controls the lower. What is magically (we'll talk about magick in a moment) created on the higher planes—causal, mental, and astral—will precipitate action on the next lower plane, and if so instructed through ritual and intention will appear in physical reality.

"Magically," in this sense, means carefully and deliberately constructed images and programs according to the rules or nature of the higher plane where you are working. The foundation of magical work is in accurate and detailed visualization. For most people, this means strongly visualized images on the astral plane charged with energy from physical and astral actions.

And it is really this that lies at the heart of what is meant by "astral powers." We should acknowledge two general types of psychic or astral powers: active and passive. Neither adjective is truly appropriate but there is a distinction. Most divination and psychic reading is a more passive response to energies emanating

from a source—as in dowsing, or evoked as in the case of a Tarot reading. Magick, in contrast, is active and mostly is a form of creative visualization that—according to the rules of the astral plane—is charged with emotional energy, most often aroused and directed through some form of ritual involving physical actions and emotional response. In other words, some image is created in the imagination and charged with emotion, and then projected from the astral into the physical plane.

This is not a book on magick, but through astral projection we are opening the doors to magick and we need to explain just enough about it to add to your understanding of the nature of the astral plane.

"Ritual" is a complex term because it has become associated with a lot of religious, self-help and fictional imagery. Think of it as a simple formula of actions to be taken to give an imagined goal emotional energy along with direction for its manifestation. It can be called "prayer," it can be called "mind power," it can be called "the power of attraction," and many other things but in this book we'll just refer to it as "active astral power."

In contrast, most psychic powers do not involve an emotional charge, and actually need to be free of emotion. They are passive astral powers.

Extrasensory Perception (ESP)

Extrasensory perception (ESP) is usually defined as the knowledge of, or response to, external events or situations independent of visible sensory mechanisms or processes. Together, physical sensation and sensory perception link the brain to the world around us. Physical sensation is the immediate and direct result of stimulating our many physical senses, including seeing, hearing, touching, smelling, and tasting. Sensory perception is our interpretation of sensory stimulation.

ESP, on the other hand, requires no physical stimulation of our sensory mechanisms. Our extrasensory channels are typically sharpened by a quiet mental state and a reduction in sensory stimulation. Although ESP can use many tangible objects to induce a psychically responsive state or to stimulate extrasensory channels, our perceptions are extrasensory only to the degree that they do not depend on sensory experience. As adaptive creatures, we need not only sensory-based awareness of the world around us; we also need expanded knowledge of other realities not available through sensory experience alone. Our higher evolution is, consequently, inextricably linked to our psychic unfolding.

Our ESP potential includes expanded psychic awareness of the past (retrocognition), present (clairvoyance), and future (precognition), as well as the perception of another person's thoughts or psychological state (telepathy). Although these abilities exist in everyone to some degree, none of us has fully developed them. Actualizing our inner potential—whether psychic, scientific, artistic, musical, linguistic, athletic, or any other—benefits from a program of practice and experience. Even the most talented psychic luminaries, just like gifted celebrities in other fields, find that practice and reviewed experience, along with commitment and hard work, are critical to the mastery of their craft. Unfortunately, due to cultural and religious animosity, the development of our psychic skills has been left largely to chance or trial and error. Although some psychic unfolding will probably occur spontaneously in everyone, the full realization of our multiple psychic abilities requires concentrated effort within a plan that is both comprehensive and specialized.

It can be noted that repeated actions—such as regular practice or exercise—
establishes channels in etheric substance that aid in the long-term development of psychic and other skills.

The out-of-body experience is a critical component in any psychic development plan because it puts our psychic capacities "online," and readies them for action and growth. Our laboratory studies at Athens State University revealed that OBEs almost invariably stimulate some form of extrasensory expression. Because consciousness is separated from physiology during the out-of-body state, OBEs are not only extra-biological, but also extra-sensory. Such a concept must, however, allow for individual differences in perception and for a margin of error, even in the out-of-body state, during which we continue to experience and interpret reality from our own frame of reference. We remain individuals with our unique tendencies, preferences, inclinations, and predispositions.

A study conducted in the university laboratory to investigate ESP during the Out-of-body state found significant improvements in telepathy, precognition, and clairvoyance when compared to previous ESP performance. On average, the accuracy of all forms of ESP improved by around 50 percent during the out-of-body state. Clairvoyance improved by the greatest margin—approximately 75 percent. This dramatic increase could have risen from out-of-body travel rather than clairvoyance since the experimental task required describing in detail an art object located in a distant setting.

Telepathy—requiring the sending and receiving of critical elements in a paragraph—improved by more than 45 percent. For this task, the sender, prior to out-of-body induction, was given the contents of the paragraph and instructed to later send them to the target receiver while both were in the out-of-body state.

An improvement of around 25 percent was found for precognition, which required subjects to predict the next-day stock-market performance of the New York Stock Exchange. Given the nature of the out-of-body state and the liberation of

psychic faculties that accompany it, an increase in psychic performance during that state would seem a reasonable expectation.

Following the introduction of OBEs into the experimental psychic development program, more and more of our subjects reported occasionally entering an astral dimension and literally being instructed by astral guides on how to develop their psychic potential. An interesting consistency was noted from subject to subject in the concepts and strategies presented to them by their various astral guides. Invariably, practice and meditation were stressed as critical to psychic growth. Also, creative activities designed to develop imagery powers and expand cognitive functions were strongly emphasized. Occasionally, the astral guides recommended highly specific strategies, including empowering affirmations and simple physical gestures, such as joining the tips of the fingers to activate precognition and touching the forehead to activate clairvoyance. To activate telepathy, the guides often recommended some form of imagery, such as using imaginary symbols to condense thoughts, or mentally erecting a communication channel of light between the sender and receiver.

Based on the results of these laboratory studies, along with the analysis of many reports of ESP-related OBEs outside the laboratory, we developed different ESP programs for telepathy, clairvoyance, and pre-cognition, with the out-of-body state as the centerpiece for each strategy. Each program is unique in both the induction method used to produce the out-of-body state and the management procedures applied to direct the out-of-body experience. Outweighing these exclusive features, however, are certain common elements, the most important of these being the superior role of consciousness in the out-of-body state to itself call forth and unleash our psychic powers. A second common element is the fundamental goal of these programs: the full development of

our psychic abilities as tools for personal growth and personal discovery.

Perhaps nothing is of greater impact to individual growth and development than the personal discovery of new knowledge in contrast to impersonal reading about or even one-on-one instruction from a guide or teacher.

Telepathy

Telepathy is the most common type of extrasensory perception. Because it often occurs effortlessly and subconsciously, it may also be the most common form of human interaction. Telepathy is often recognized as a spontaneous, on-going phenomenon in everyone. Moreover, there is considerable evidence to suggest that telepathy is common among animals; even highly advanced telepathic expressions have been observed in the behaviors of the so-called lower animals. And the capacity of animals to communicate psychically with people is well known to pet-owners and even casually observed in the wild. Strong human and animal bonds are often characterized by very meaningful telepathic interactions.

Similar to other communication models, telepathy requires three essential components: a sender, a receiver, and a communication channel. Occurring either spontaneously or voluntarily, telepathy is one of the most powerful communication tools known. Telepathy can reach far beyond the simple communication of thought contents and generate complex telepathic interactions that induce positive changes in mental functions and mood states. It can expand our psychic as well as nonpsychic communication channels and enrich our interactions with others.

Telepathy can be directed inwardly as positive thoughts to empower oneself, or it can be directed outwardly to empower others. It can build self-esteem, generate peace of mind, promote well-being, and unleash abundant new growth possibilities in

oneself and others alike.

More importantly, while positively motivated telepathy is empowering to sender and receiver alike, negatively motivated telepathy is selectively disempowering to the sender alone. Psychic messages designed to disempower others automatically block the communication channel and "bounce back" to disempower the sender.

Telepathy can occur at both individual and group levels. While telepathy at the individual level can be mutually empowering to both sender and receiver, telepathic energies generated by groups can go forth in sufficient power to influence not only individual and group behavior, but global conditions as well. Conceivably, messages of peace generated on a massive scale could raise global consciousness and literally generate world peace. Similarly, messages of love could make the planet more compassionate, and motivate us, individually and collectively, to solve problems such as hunger, disease, and injustice, wherever they are found on the planet.

In the group setting, we often observe empathic telepathy, in which the individual receiver inadvertently sends the communication to other group members. Empathic telepathy illustrates the potential control problems inherent in laboratory studies of ESP. Even persons outside the laboratory can be the recipients and senders of telepathic messages generated in the laboratory setting. While this phenomenon presents a serious control challenge in the experimental setting, it suggests almost unlimited possibilities for the global application of telepathy. Positive telepathic messages sent forth into the universe will indeed find a receptive audience.

Out-of-Body Telepathy

Laboratory studies of out-of-body telepathy were designed to

explore new options for developing telepathic faculties and using them to bring forth positive change. The studies typically involved person-to-person telepathy in which either the sender or the receiver, and in some instances both, were in the out-of-body state. Almost without exception, improved performance in both sending and receiving was noted during the out-of-body state. As expected, the best results were obtained when both the sender and the receiver were in the out-of-body state.

Although shorter distances between sender and receiver appear to improve performance in non-OBEs telepathy, spatial distance becomes less relevant when either sender or receiver is out-of-body. On average, out-of-body telepathy in the laboratory is as effective for individuals in close proximity as when separated by several hundred miles. This suggests that our conventional concepts of physical space and distance simply do not apply in the astral dimension. It further suggests the clear advantage of out-of-body telepathy over conventional telepathy when used on a global scale.

Astral guides, who appear always ready to promote our growth, are particularly evident during the out-of-body state. Many of our research subjects reported Out-of-body interactions with highly advanced communication guides assisting them in sending and receiving telepathic messages. One subject reported such an out-of-body interaction in which he received highly specific instructions on how to communicate telepathically. The guide advised focusing on the inner region of the forehead of oneself and another will establish a psychic communication link with that person for sending and receiving telepathic messages. Further, the technique is equally effective when the receiving subject is not present.

Astral guides consistently emphasized the ethical responsibility of using our psychic skills in positive ways that promote the well-

being of ourselves and others. This is the cardinal principle underlying all psychic development according to astral communication guides. Self-interest alone is insufficient motivation for developing and using our telepathic powers.

Although we may make no concentrated effort during OBEs to communicate telepathically, the telepathic potential is clearly amplified and placed in a state of readiness. Telepathy during OBEs seems to have its own guidance system, which can seek out the target receiver and deliver its empowering payload. That spontaneous capacity is supplemented by deliberately formulating the telepathic message and mentally releasing it. The critical force energizing the total system is the out-of-body state.

The Astral Telepathy System Program

The Astral Telepathy System (ATS) is an OBE induction and telepathic sending system that utilizes imagery during the out-of-body state to bring the psychic message into clear focus, and deliver it to the target receiver. As an interactive, consciousness-to-consciousness system, ATS requires no out-of-body travel over spatial distance to locate the telepathic receiver. Even when the physical location of the receiver is unknown, imagery of the receiver is usually sufficient to activate the message and project it to its targeted destination—the consciousness of the receiver.

ASTRAL TELEPATHY SYSTEM PROCEDURE

Introduction. Central to ATS is the Astral Blue Beltway, a fluid stream of psychic energy used to convey telepathic messages. Blue imagery has long been associated with psychic activity and is often described as similar to the blue flame of an alcohol lamp or the blue of electric sparks. In controlled laboratory settings, senders and receivers who visualized blue, such as a pale blue moon on which the psychic message appeared, or a blue sky against which clouds formed the psychic communication, consistently performed

at a superior level. Imagery of blue may have literally accessed the astral blue beltway that, in turn, channeled the message to the designated receiver. When introduced during the out-of-body state, blue imagery, such as a blue mist enveloping the astral body, effectively engages the astral blue beltway as a dynamic communication system with unprecedented accuracy. ATS consists of nine essential steps.

Here is the procedure:

Step 1. Before entering the out-of-body state, formulate your telepathic message in ways that use both language and symbols. Symbols are important in telepathy, because they condense the message into a form easily visualized and projected to the target receiver. Familiar symbols are particularly effective: Imagery of a dove can be used to transport a message of peace; Imagery of a heart superimposed with the word love can be used to communicate the message, I love you; Imagery of colorful balloons with words such as happiness, blessings, and congratulations are likewise effective. Although symbols are highly useful in opening psychic channels and conveying simple messages in condensed form, complex psychic sending and receiving interactions usually require more advanced procedures with the capacity to amplify and personalize messages beyond the limited meanings of a single word or a selected symbol.

Step 2. Having formulated your ATS objectives, find a comfortable, quiet place and allow yourself about thirty minutes for the session. Loosen any tight-fitting clothing and lie down on a bed or couch. Slow your breathing and scan your body from your forehead to your feet, releasing all tension until your body is fully relaxed. Tell yourself: Time is slowing down. I have plenty of time to relax.

Step 3. With your body now completely relaxed, affirm: I am

protected and secure as I prepare to leave my body. Visualize your body at rest, surrounded by a glowing aura of empowering cosmic energy. Continue to visualize your biological body at rest until you becomes aware of your presence outside your body. This is typically a gradual process that requires only a few moments.

Step 4. Once you are aware of the out-of-body state, view your physical body at rest, enveloped in the protective glow of cosmic energy. Then mentally envelop your astral body in radiant blue light and affirm:

> I am surrounded by the positive energies of the universe. My innermost being and the highest powers of the cosmos are now poised to merge in a powerful interaction. I am now at my peak of psychic empowerment. As I remain out-of-body, my telepathic faculties are fully liberated. I am empowered to end the out-of-body state and freely reengage my physical body at any moment through mere intent alone.

Step 5. As you continue the out-of-body state, review your previously formulated telepathic message, giving particular attention to both language and symbols.

Step 6. Focus your attention on your telepathic receiver, and momentarily, you will notice the astral blue beltway, a soft blue stream of energy connecting you to your target. Release your telepathic thoughts and images, and let them flow freely on the blue beltway. Visualize them as they travel the beltway. Allow adequate time for the psychic messages to reach their designated target, keeping your psychic sending and receiving channels open until the psychic process runs its course.

Step 7. Close down the process by turning your attention to your biological body at rest, then giving yourself permission to reengage it.

Step 8. Upon re-engagement, briefly note any physical sensations, such as the position or weight of your body.

Step 9. Conclude the procedure with a quiet period of reflection, followed by the simple affirmation:

> I am empowered and fully infused with the highest energies of the universe.

Summary of Purpose and Benefits: to develop and deliver a clear message from projector to receiver, including both the physically incarnated and astral intelligences and guides.

Clairvoyance

Clairvoyance, like telepathy and precognition, often occurs spontaneously during the out-of-body state. With the physical body in a passive, restful state, consciousness is liberated to more fully experience itself and exercise its highest faculties, among them its clairvoyant powers. Strategies that utilize the out-of-body state are among the best procedures known for exercising and developing our clairvoyant powers.

Clairvoyance is usually defined as the extrasensory perception of objects, conditions, situations, and events. It can include psychic awareness of current happenings, the location of lost items, the mental state of an individual, or the situational factors influencing one's behaviors. In its most advanced form, clairvoyance includes not only specific impressions, but a comprehensive, panoramic view of all relevant variables, a phenomenon we call astral scan. Motivational factors and a vast range of emotional variables are all within the scope of astral scan. This scanning feature of clairvoyance is critical to a variety of psychic applications, including criminal investigation, managerial and organizational consultation, and personal counseling.

Astral Sweep Program

Since spontaneous but usually unfocused psychic scanning often occurs during the out-of-body state, a procedure called Astral Sweep was developed to deliberately evoke out-of-body clairvoyant scanning, in either open-ended or focused form. In its open-ended form, astral sweep surveys conditions, events, or situations independently of specific limits, whereas in its focused form, the sweep is directed to designated targets. Both forms are similar in that no restrictions are placed on the extent of the clairvoyant sweep in uncovering relevant information. Both forms view clairvoyant insight as purposeful and potentially empowering.

ASTRAL SWEEP PROCEDURE

Introduction. This out-of-body procedure does not require, but can include, astral travel to distant destinations.

Here is the seven-step procedure:

Step 1. Statement of Goals. For the focused form of the procedure, formulate your goals around a particular target situation or condition. You may, for instance, focus on a particular individual, a specific geographical setting, a certain event, or a given situation. For the open-ended form of the procedure, formulate your goals in general terms, thus allowing your clairvoyant faculty to select its own target situation and access any information related to it.

Step 2. Out-of-Body Induction. For this procedure, the recommended out-of-body induction strategy is called upward scan. While in a relaxed, reclining position, visualize yourself surrounded and protected by the glow of empowering cosmic energy. Picture relaxation as a fog spreading slowly over your physical body from your feet upward until your body is fully enveloped. Visualize the fog then slowly lifting from your body, with your consciousness rising gently with it. Once your

consciousness is suspended, view your body resting comfortably below. Affirm:

> I am fully empowered and protected mentally, physically, and spiritually by the highest powers of the cosmos. I can return to my body at will by simply deciding to do so.

Step 3. Activating Out-of-Body Clairvoyance. Once the out-of-body state has been achieved, the metaphor of mountain climbing is introduced to activate clairvoyance. Visualize yourself as a psychic explorer, slowly ascending an astral mountain from its base to its peak. Each step upward expands the scope of your clairvoyant powers. Allow yourself plenty of time to scale the mountain and experience the progressive release of your psychic potentials. When you finally reach the summit, your psychic scanning powers are at their peak.

Step 4. Clairvoyant Sweeping. As already noted, clairvoyant sweeping can be either open-ended or focused. For open-ended sweeping, survey the surrounding reality from your astral observation point at the mountain's peak. With your clairvoyant powers now fully activated and free of constrictions, you can probe the most distant realities and access the highest sources of knowledge. Allow your clairvoyant powers to gather relevant information from any source, zooming in for a closer look whenever necessary. For focused clairvoyant sweeping, center your scanning efforts on certain designated targets, and scan their surroundings for additional information as desired. Continue scanning until you gather the information you need.

Step 5. Astral Travel (Optional). Astral travel to distant destinations during scanning can be useful in gathering additional, highly detailed information, or in accessing higher astral planes. Travel can be initiated following either open-ended or focused

sweeping by first centering your attention on the desired destination and then intentionally engaging it as a present reality. In the out-of-body state, intent alone is usually sufficient to engage even the most distant reality.

Step 6. The Return. Reuniting with your physical body is initiated by the simple intent to reunite with your body, then visualizing your body in its familiar surroundings, and giving yourself permission to reengage it. The simple affirmation:

I will now reunite with my body, facilitates an easy reentry.

The return is concluded by focusing on various physical sensations and affirming:

I am now at oneness with my body and the universe.

Step 7. Resolution and Reflection. Review the out-of-body experience, paying particular attention to the clairvoyant information derived from it. Reflecting on the experience, if only briefly, dramatically increases its empowering effects.

Summary of Purpose & User Benefits: Cosmic survey, locate lost animals and personal items, survey criminal scenes.

Although astral sweep can be used to survey cosmic planes and initiate empowering interactions with them, it has many highly practical, down-to-earth applications. It is particularly useful in locating lost animals and personal items. A student trained in astral sweep decided to use the technique to locate a horse that had wandered into the countryside. Through astral surveying of the surrounding wilderness, he located the horse grazing peacefully with other horses in a remote wasteland. Another student, also trained in astral sweep, used the technique to recover a lost bracelet. Through astral sweep, she discovered the bracelet near a park bench where she had joined a friend for lunch the previous day.

Astral sweep is also useful as a criminal investigative procedure for surveying crime scenes and gathering relevant information. In one case, a psychic consultant used the procedure to locate a kidnap victim being held for ransom. Using a combination of open-ended sweeping and focusing, the psychic located the mountain cabin where the victim was being held, and then zoomed in to gather critical information that led to a successful rescue.

Although clairvoyant scanning can occur using other less-specialized OBEs procedures, astral sweep is often preferred because of its functional design and high degree of accuracy. Given even moderate practice, almost everyone will discover the practical benefits of this useful procedure.

Precognition

Precognition, or psychic perception of the future, empowers anyone to reach beyond the present and embrace the future with increased awareness and confidence. To disregard our precognitive powers is like sitting on a treasure chest filled with immeasurable wealth and never opening the chest. Precognition reveals the wondrous opportunities that await us and enables us to make the best of them. It forewarns and allows us to prevent, avoid, or prepare for formidable events. It helps decision-making by predicting consequences and suggesting optimal courses of action. On a global scale, precognition challenges us to avoid sweeping crises and bring into existence a civilization committed to peace and progress.

From the psychic empowerment perspective, psychic predictions are usually seen not as absolute certainties, but rather as forecasts with varying degrees of probability, but determining the probability level of a prediction, whether psychic or otherwise, is not always easy. Future outcomes can almost always be influenced by intervening variables, some of which may be

beyond our control, but the most important of which are often our own actions. Precognition can arm us with new information, more options, better choices, and greater mastery of the forces that influence our lives.

The out-of-body state often activates our precognitive powers and centers them on what we need to know at the moment. In fact, the primary focus of many spontaneous OBEs seems to be on precognitive awareness. This is perhaps due to the capacity of the out-of-body state to put us "online" with the future by either accessing the inner sources of precognition or tapping into outer realms of precognitive knowledge.

Two laboratory-tested strategies have been designed specifically to activate out-of-body precognition. The first, Personal Exposé, is a self-contained approach that focuses on the internal sources of precognitive awareness. Its objectives are first, to uncover precognitive knowledge already existing within the subconscious mind and then, second, to activate the inner precognitive mechanisms required to generate totally new precognitive knowledge.

The second approach, Cosmic Exposé, is "other-world" oriented. It focuses on precognitive sources beyond the self and the realm of material reality. Cosmic exposé typically involves out-of-body travel to distant dimensions and interactions with higher cosmic sources of knowledge.

Both personal and cosmic exposé require a physical setting somewhat different from other procedures, with an expansive, open environment preferred. In our OBEs studies, the precognitive performance of both personal and cosmic exposé subjects dramatically improved when they went from the laboratory setting to a spacious auditorium. When they went from the auditorium to the out-of-doors, their performance again improved. (Under each condition, matched comparison groups were used to control the

practice effect.) Our subjects attributed their improved performance to the greater spontaneity and freedom they felt when using exposé procedures in the more spacious setting.

Precognitive Personal Exposé Program

This out-of-body procedure accesses precognitive information by either tapping into our subconscious sources of existing psychic knowledge or by jump-starting our dormant psychic mechanisms to produce totally new psychic information. Personal exposé does not require astral travel to distant destinations.

PRECOGNITIVE PERSONAL EXPOSÉ PROCEDURE

Step 1. Inducing the Out-of-Body State. To induce the out-of-body state, slow your breathing and clear your mind of all active thought by focusing on the white screen. After a few moments of focusing, close your eyes and visualize your physical body at rest. Continue to visualize your body resting peacefully until you sense yourself becoming separate from it. Stay with that sense of separateness, letting yourself gently float away from your body. Remind yourself that you are safe and secure. Invoke the protective power of higher astral planes, and using imagery, envelop yourself and your physical body in radiant white light. Tell yourself that you can return to your body at any moment you decide to do so. Let yourself feel free as you float farther away from your body. Affirm:

> I am empowered and totally secure as I remain outside my body.

Step 2. Accessing Precognitive Knowledge. Safely removed from your body, visualize a white screen upon which appears a menu of precognitive topics. Appearing on the menu is a variety of topics, such as Finances, Romance, Career, Travel, and Health, along with any other topic you wish to add. Reserve one space on the menu for General Information to comprise precognitive

information not covered by other topics. Select a topic from the menu and mentally click on it to call forth relevant precognitive information. Allow sufficient time for the information to emerge on the screen. You can call up the menu at will and continue clicking until you have the precognitive information you need.

Step 3. The Return. To return to your physical body, view it at rest and simply give yourself permission to reengage it. Allow sufficient time for the return, then note your sense of physical presence, along with other specific sensations, such as areas of warmth or coolness.

Step 4. The Resolution. While remaining relaxed, take a few minutes to review the out-of-body experience and reflect on the precognitive information derived from it. Conclude the experience by affirming:

> I am now empowered with knowledge of the future. I will use that knowledge wisely.

Summary of Purpose and User Benefits: Accesses future information either derived from the personal subconsciousness or an external precognitive survey for specialized foreknowledge.

Personal exposé has many practical applications. An attorney who had been trained in personal exposé decided to use the procedure as a financial investment strategy. At Step 2, he clicked on Stock Market to call forth certain stock listings and their outlooks. He based his investment decisions on the predicted market values. The investment experts, who periodically evaluated the results of his investments, were stunned at the phenomenal success of his strategy.

Along a different line, an engineer used personal exposé to discover the love of his life. Upon reaching Step 2, he clicked on Romance, and immediately appearing on the screen was a woman he would meet for the first time at a social gathering the following

day. The two were instantly attracted to each other and soon found themselves falling in love. Today, they attribute their unwavering "soulmate relationship" to cosmic intervention, not chance.

Personal exposé is particularly useful as a career planning strategy. An undergraduate psychology student used the procedure to discover the graduate school he was later to attend. At the accessing step of the procedure, he clicked on Education, and immediately the name of a leading graduate school appeared on the screen. The school not only accepted his application for admission, but granted him a scholarship as well.

A victim of corporate down-sizing used personal exposé in his job search for a managerial position. At Step 2 of the procedure, he clicked on Career, whereupon the names of three regional corporations appeared on the screen. Assuming the corporations were listed in ranking order of desirability, he focused his application efforts on the first corporation. Almost immediately, he was accepted for a top managerial position.

Precognitive Cosmic Exposé Program

Cosmic exposé, in contrast to personal exposé, requires out-of-body travel to distant astral realms in order to access higher sources of precognitive knowledge. The procedure is based on the notion that nontangible dimensions of unrestricted knowledge exist in forms that are available to our out-of-body probes.

Our conceptions of time, space, and reality can undergo expansive change when we enter those dimensions. Events yet to unfold in our known reality are often clearly visible in the astral realm. The information gleaned through this strategy ranges from the personally and globally relevant to the cosmically profound, unfolding either as sudden precognitive snapshots, or as a smooth progression of highly vivid, realistic images of the future.

PRECOGNITIVE COSMIC EXPOSÉ PROCEDURE

Introduction. Out-of-body, we will travel to distant astral realms to access higher sources of precognitive knowledge that ranges from the personal to the cosmic. Here is the procedure:

Step 1. Induction. While seated comfortably, visualize yourself surrounded by the glowing energies of the cosmos. Let peace and tranquility infuse your total being. Visualize a bright blanket of relaxation spreading slowly over your body, saturating every muscle and joint. Next, shift your attention to your forehead and focus on the inner region of light sometimes called the third eye or Ajna chakra. Continue to focus on that region as your link to higher astral planes. Finally, let the region of light in your forehead expand to infuse you fully and then ascend gently as the totality of your astral being, bearing consciousness away from your physical body.

Step 2. Out-of-Body Travel. With your astral being now disengaged from your physical body, you are empowered to travel safely to the distant reaches of the cosmos. As you scan the cosmos, you will notice a distant realm of light that commands your attention and invites your interaction. Sense yourself being drawn toward it, until finally you are at the center of it, encompassed by the light of cosmic power and knowledge. All that you need to know about the future is now available to you, taking shape before you as events spontaneously unfold. You can let yourself be drawn in as an active participant, or you can remain an objective observer.

To access highly personal and detailed information, a simple question is sufficient.

Step 3. The Return. When your need for precognitive knowledge is satisfied, conscious intent alone is sufficient to initiate a return to your physical body. Upon gently reentering your body, focus your attention again on the inner region of the third

eye, now radiating light and energy. Affirm:

> My total being is fully infused with the positive light and energy of the cosmos.

Step 4. The Resolution. Take a few moments to review the precognitive experience, and reflect on its relevance and empowerment potential. Explore ways of using your precognitive knowledge. Remind yourself that cosmic predictions exist as probabilities, not as fate. For positive revelations, look for ways to facilitate the predicted outcomes. For negative revelations, consider ways of averting, altering, or preventing the predicted event. Bear in mind that even global catastrophes are not outside your sphere of influence when you are energized with cosmic knowledge and power.

Summary of Purpose and User Benefits: Prediction of personal events, natural disasters, global political and economic developments, promotes spiritual interactions and personal well-being.

Laboratory studies of cosmic exposé over the past twelve years have documented an accuracy level for the procedure of approximately eighty percent. In addition to its effectiveness in predicting highly personal events, the procedure has accurately predicted many natural catastrophes, including hurricanes, volcanic eruptions, and earthquakes; and international crises such as revolutions, assassinations, and the rise and fall of political leaders.

At another level, cosmic exposé is valued as a strategy for probing higher spiritual dimensions and our destiny as spiritual beings. It can tap into astral planes beyond the realms of our known reality, and initiate highly significant interactions with them. Upon introduction to the realm of light in Step 2 of the procedure, spiritual teachers and guides with impeccable knowledge of the

future often come forth.

In addition to the purely precognitive value of cosmic exposé, persons who routinely practice the procedure almost invariably experience important mental and physical health benefits. Healthful vitality, rejuvenation, and an increased sense of security and personal adequacy are among the strategy's positive spin-off effects. College students who routinely practice the procedure attest to its motivational value as well as its capacity to reduce anxiety, sharpen intellectual skills, and promote personal wellbeing. They report that simply lingering in the realm of light is enormously energizing and empowering.

Out of the Dark & Listless Zone of Mediocrity to Become More Than You Are

The relationship between ESP and OBEs is one of the most challenging and potentially empowering frontiers of psychic study and research. As a fundamental expression of the self, ESP and OBEs alike call us out and beyond the dark and listless zone of mediocrity and into a bright dimension of enlightenment and new possibilities. The out-of-body state liberates our ESP faculties and manifests them as critical components of our astral being. The out-of-body state and ESP are, in fact, irrevocably linked. By exercising our out-of-body skills, we automatically develop our ESP faculties; by exercising our ESP faculties, we automatically develop our Out-of-body skills. The result is a new level of cosmic enlightenment, attunement, and personal power.

The ability to center our consciousness in more than one body and level while expanding our capability to retain the knowledge and experience gained and focus our new skills where needed is the overall objective of this book.

To become more than you are means to apply all you've become to empower your whole person, and to thus become more

accomplished and successful in all the applications of your growing powers and skills.

RECOMMENDED READING

Barbara Moore, Tarot for Beginners: A Practical Guide to Reading Cards (Llewellyn, 2010).

David Pond, Chakras for Beginners: A Guide to Balancing Your Chakra Energies (Llewellyn, 1999).

Joe H. Slate, & Carl Llewellyn Weschcke, Psychic Empowerment for Everyone: You Have the Power, Learn to Use It (Llewellyn, 2009).

Donald Tyson, Scrying for Beginners: Use Your Unconscious Mind to See Beyond the Senses (Llewellyn, 1997).

Richard Webster, Dowsing for Beginners: How to Find Water, Wealth & Lost Objects (Llewellyn, 2003).

Richard Webster, Prayer for Beginners: Discovering the Language of Your Soul (Llewellyn, 2009).

Brandy Williams, Practical Magic for Beginners: Techniques & Rituals to Focus Magical Energy (Llewellyn, 2005).

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10
ASTRAL PROJECTION & PSYCHOTHERAPY

Nowhere can man find a quieter or more untroubled retreat than in his own soul.

—MARCUS AURELIUS

The Master Therapist: Your Inner, Higher Self—Accessed Through Astral Projection

The best of all therapists exists within each of us as an integral part of our being. Astral projection, whether spontaneous or deliberately induced, can put you in direct touch with that master therapist, your Inner, Higher Self. Astral projection is so much more than just what we usually associate with the out-of-body experience, and through it you can activate your dormant powers and unleash totally new growth potentials in your life. You can overcome obstacles to your growth, resolve deep-seated conflicts, find solutions to pressing problems, build self-esteem, and extinguish phobias, often in an instant. At a higher level, astral projection can empower you to tap into the limitless resources of higher astral planes. Through astral projection, you can open totally new gateways for growth, fulfillment, and success in your life. You can overcome all obstacles that limit your progress and achieve your highest destiny as an evolving soul.

The Astral Plane Therapy Process & Spontaneous OBEs

The therapeutic possibilities of astral projection have been largely neglected and are at present far from fully understood. Nevertheless, in the psychotherapy setting, spontaneous OBEs with important therapeutic implications often occur, especially with approaches using hypnosis, cognitive relaxation, biofeedback, and meditation. With that spontaneous liberation of consciousness from its biological restraints, important insight with therapeutic implications can readily unfold. Astral projection in that context reflects our innate capacity for awareness far beyond the borders of sensory experience alone.

Numerous case studies of spontaneous OBEs suggest therapeutic possibilities that far exceed our most optimistic expectations. Among the most common spontaneous therapeutic manifestations of astral projection are the so-called strategic escape, astral encounter, and progressive alleviation. Although the full dynamics of these manifestations are not at present fully understood, they clearly reflect the advanced nature of astral therapy. Even when applied independently of astral projection, the concepts underlying these manifestations could conceivably be effective. Here is an examination of the three categories of spontaneous therapeutic functions of astral projection.

A. Strategic Escape

There is a growing body of evidence that spontaneous astral projection can provide therapeutic ventilation of excessive stress and pent up emotions that markedly diminish the quality of our lives. The out-of-body experience can offer a temporary escape from the overwhelming demands of life during which we can muster the resources required for successful adjustment. That therapeutic role of spontaneous astral projection in alleviating stress is so common that we have given it the label, Strategic Escape. It can activate the advanced astral therapist within each of

us.

Strategic escape can be as simple as a relaxing out-of-body stroll along a beach or as complex as an astral flight among the stars. It can consist of such uncomplicated out-of-body activities as simply walking along a forest trail or viewing the countryside from above. It can connect us to the soothing, healing energies of nature and re-affirm the spiritual nature of our existence. At a higher level, it can include rewarding interactions with personal guides and growth specialists in the astral realm. Profound self-insight and solutions to complex problems have been known to spontaneously unfold during strategic escape. It can motivate us to achieve our loftiest goals.

In psychotherapy, complexity seeks simplicity. A simple strategic escape from the stresses of life can pave the way toward resolving life's most complex dilemmas.

B. Astral Encounter

Aside from the more passive strategic escape role of astral projection, spontaneous astral projection can aggressively encounter long-term growth barriers and efficiently dismantle them. Like strategic escape, that phenomenon is so common during spontaneous astral projection that we've given it a name: Astral Encounter.

Case Study: Astral Therapy—Fear of Darkness. Among the striking reports of astral encounter is that of a college student with a long history of fear of darkness. By her report, it all started when, as a child, she was trapped in an auditorium when the lighting failed and the crowd panicked. From then on, she carefully avoided any setting in which she might encounter darkness, including any room without windows. Over the years, the fear of darkness only worsened. Finally, in a spontaneous out-of-body experience, she, in the company of a familiar spirit guide

visited a deep nearby forest where, by her report, she "boldly entered a small, dark cave." Once inside the cave, all fear of darkness suddenly vanished. Confident that she had conquered her fear of darkness, she decided to visit several of the places she had previously avoided, and as expected, experienced no fear. Following the encounter with darkness in the company of a familiar spirit guide, her long-term fear of darkness was extinguished once and for all.

This student's encounter with the dark cave during astral projection suggests advanced therapeutic insight into the nature of phobias. Once the feared situation is encountered rather than avoided, the fear itself has nothing to feed upon. With the irrationality and exaggerated danger of the fear banished, there remains no place for fear.

C. Progressive Alleviation

In contrast to astral encounter, a less assertive therapeutic technique often observed during astral projection is called Progressive Alleviation. Progressive alleviation is characterized by a series of well-organized steps that gradually extinguish phobias as well as other threatening growth barriers. Among the many examples of this approach is that of a graduate student with a long history of fear of heights. Upon mastering his out-of-body skills through a graduate course in altered states, he began using the ability not only to travel to distant locations, but to promote self-enlightenment and increase his problem-solving skills. During his out of body flights, he remained close to the ground in order to control his fear of heights. Finally, during a spontaneous out-of-body visit to a familiar city, he became somewhat fearful while observing from a distance its towering buildings. He lingered at a distance until fear slowly vanished. Emboldened by the experience, he then slowly approached the city's tallest building, but as before,

experienced considerable discomfort in the shadow of the tall building. Again he lingered in the building's presence as the fear slowly vanished. From there, he gradually ascended the building, pausing along the way to release any accumulation of fear. Upon reaching the building's top level, he viewed the city from horizon to horizon with absolutely no fear. He knew in an instant that his fear of heights had been fully extinguished. A later visit to the city confirmed it. Through progressive alleviation during spontaneous astral projection, he successfully extinguished his long-held fear of heights.

Strategic escape, astral encounter, and progressive alleviation are only three of the many highly effective spontaneous therapeutic manifestations to emerge during our study of astral projection and psychotherapy. Based on these findings, we could arguably conclude that the astral therapist within each of us is not only the most brilliant but also the most creative. A key challenge we now face is a further exploration of that therapist and its seemingly unlimited therapeutic power.

Induced Astral Therapy Programs

In view of the numerous reports of spontaneous astral projection with important therapeutic implications, several astral projection programs have been developed to date in our labs, all specifically designed to tap into the therapeutic possibilities of the out-of-body experience. All astral therapy programs developed in our labs are based on a three-fold premise:

1. Each human being—mentally, physically, and spiritually—is a person of incomparable dignity and worth
2. Each human being is endowed with unlimited potential for growth and fulfillment
3. The astral realm with its abundance of resources readily invites our interaction

Each of the following step-by-step procedures is designed to empower our lives by accessing and activating our dormant inner potentials, while drawing on the rich resources of higher astral planes of power.

A. Astral Plane Therapy (Revised)

Astral Plane Therapy is based on the concept that simply experiencing higher astral planes is inherently therapeutic. Even in the absence of clearly formulated goals, this program consistently generates positive feelings of security and self-worth. It can be structured, however, to achieve highly specific therapy and personal enrichment goals, such as overcoming depression, reducing anxiety, and breaking unwanted habits, to name only a few. In the group therapy setting, the procedure has been remarkably effective in generating productive group interactions. In the business management setting, astral plane therapy when practiced in the context of brainstorming and planning has been highly effective in promoting optimal management decisions.

ASTRAL PLANE THERAPY PROCEDURE

Introduction. Even unstructured OBEs at the higher astral planes have been demonstrated to be inherently therapeutic, while those with specified goals are very effective. A comfortable, reclining position with hands resting to the sides is recommended for astral plane therapy. This procedure requires approximately one hour in a setting free of distractions. Here is the procedure:

Step 1. Rhythmic Breathing. With your eyes closed, focus your full attention on your breathing, taking a little longer to exhale. Continue focusing on your breathing until you develop a slow, rhythmic pattern.

Step 2. Body Scan. Mentally scan your body and relax each muscle as you go, beginning at your forehead and progressing downward. Take plenty of time for relaxation to soak deeply into

every joint, muscle, fiber, and tendon of your body.

Step 3. Out-of-Body Induction. With your body now fully relaxed, visualize yourself so liberated from the pressures of life that you begin to drift gently upward like a colorless mist, away from your physical body, leaving all your cares behind. Take plenty of time for a sense of separation from your physical body to emerge. Once you are outside your body, notice the sense of freedom and wondrous release from your body, which is now at rest below you. At this stage, you may note a focused state of oneness and attunement to the spirit realm.

Step 4. Affirmation and Astral Interaction. As you remain suspended over your body and enveloped in radiant light, affirm:

> I am now balanced, energized, and at peace with myself and the universe.

Mentally invoke the power of the higher astral planes and notice each plane's colorful concentrations of pure cosmic energy slowly emerging from a distance and surrounding your astral body. Think of each color as representing a particular cosmic resource, such as green for good health, blue for tranquility, and yellow for enlightenment. Mentally engage the astral planes that are relevant to your present needs and sense that planes energy enveloping and energizing your astral body. Allow each colorful concentration to permeate your whole being. Notice the forceful infusion of positive energy. Allow yourself to remain in this quiet, unencumbered state until your entire being is saturated with power.

Step 5. Astral Travel (Optional). At this step, astral travel may occur either spontaneously or voluntarily as you remain enveloped in bright astral energy.

Step 6. Re-engagement and Re-affirmation. Gently reengage your physical body by first viewing it at rest, then intentionally descending and settling into it. Before opening your eyes, focus

again on your breathing, and affirm,

I am now fully infused with abundant energy and power.

ALTERNATIVE ASTRAL PLANE COUPLE'S THERAPY PROCEDURE

Astral Plane Therapy has been particularly effective in couple therapy for resolving conflicts and promoting a more positive relationship. Entering OBE as a couple in Step 4, travel to a romantic location to explore the relationship issues, and even engage in out-of-body sex.

Summary of Purpose and User Benefits: Even without programmed structure, this OBE experience generates positive feelings of security and self-worth. It can be structured, however, to achieve highly specific therapy and personal enrichment goals, such as overcoming depression, reducing anxiety, and breaking unwanted habits.

A couple whose marriage was troubled because of career pressures decided to use astral plane therapy in an effort to overcome the emerging barriers that threatened their relationship. The couple simultaneously entered the out-of-body state, and in Step 4, they together visited a beautiful tropical island. Strolling hand-in-hand on an isolated beach, they explored their relationship and expressed their feelings in a relaxed Caribbean setting. As a follow-up to the session, they set aside a time for regular out-of-body strolls on the beach, after which they would discuss the experience and share their feelings. On one such astral visit, they engaged in out-of-body sex under a tropical full moon, an experience that proved to be the turning point in their relationship. In the weeks that followed, they continued their out-of-body visits to the familiar island, particularly during periods of protracted separations related to business. Their out-of-body interactions strengthened their relationship and empowered them to eventually

resolve the issues that had threatened to destroy their marriage.

Aside from its use in psychotherapy, astral plane therapy can be used effectively in a host of other situations, both individual and group. A university student running for office in student government used the procedure with his campaign team to generate a decisive win. Calling the procedure higher plane meditation, he attributed the outstanding success of his campaign effort largely to the strategy that, in his words, put "new life into the campaign."

Along another line, an opera theater group who experimented with the program reported significant improvements in not only their working relationships but the quality of their performance on stage as well. In an unrelated situation, a soccer team that used the program reported a powerful increase in motivation and rapid improvement in performance.

B. Astral Regression Therapy (Revised)

The out-of-body state provides the ideal conditions for extinguishing phobias of any origin. With our biological functions at rest and the physiological correlates of fear, such as a pounding heart and shortness of breath, effectively controlled, we are psychically empowered to face our fears and overcome them. Of equal if not greater significance are the resources of higher astral planes that offer the support system so essential to the treatment of phobias.

A program called Astral Regression Therapy has demonstrated remarkable effectiveness in treating phobias that resist conventional approaches. Developed in our labs, it emphasizes dis-ownership of the phobia while recognizing its existence and disempowering effects.

ASTRAL REGRESSION THERAPY PROCEDURE

Introduction. Astral Regression Therapy is structured specifically

to extinguish deep-seated fears, including phobias with a long history as well as those that emerge suddenly and full-blown. Using this procedure, we can reexperience the events and conditions that gave rise to the phobia, but without the distress that originally accompanied the experience. A single session is often sufficient to extinguish even the most deep-seated fear.

The procedure, which is easily self-administered, requires approximately one hour in a quiet setting free of distractions. A comfortable, reclining position with hands resting at the sides is recommended.

Here is the procedure:

Step 1. Preliminary Considerations. Prior to using the procedure, clearly formulate your therapeutic goals. Specify in as much detail as possible the events and conditions that gave rise to the phobia, and visualize them as your regression destination. (If the origin of the fear is unknown, the destination can be specified simply as the phobia's point of origin.

> Although unknown to conscious awareness, the origins of fears are known to our higher consciousness and can be revealed during the out-of-body state). Formulate a therapeutic plan including:
>
> 1. Regressing out-of-body to the point of origin of the fear
> 2. Extinguishing the fear by reexperiencing, in a secure, empowered state, its point of origin

Step 2. Out-of-Body Induction. To induce the out-of-body state, follow Steps 1 through 3 of astral plane therapy as previously presented.

Step 3. Astral Flight. Formulate a clear image of your out-of-body destination, and give yourself permission to travel to it. Visualize yourself surrounded by radiant, empowering energy, and feel yourself in the therapeutic presence of higher astral guides.

Reject all ownership of the fear as you affirm:

> I will be guided and protected by the illimitable power of higher astral planes as I travel to the origin of the fear that has plagued my life. I will face the fear, uproot it, and toss it out of my life.

(Notice that personal ownership of fear is rejected through the reference, "the fear" rather than "my fear.")

Center your full attention on your destination until you are consciously aware of being there. If the destination is unknown, rely on your ministering guides or your higher self to guide you to it. A few moments are usually sufficient to reach even the most distant location. Once at your destination, focus your attention on your surroundings.

Stage 4. Destination Activities. At this critical step, implement your previously formulated therapeutic plan. It is important to remain at the destination until the complete plan has been fully implemented. The therapeutic activities are concluded with affirmations such as:

> I am fully empowered and free of fear and its disempowering effects on my life. I now disown the fear that has plagued my life. I will no longer be a victim of it. I am the master of my life and my destiny.

Stage 5. Astral Return. Once you have implemented your destination plan, shift your attention back to your physical body at rest and give yourself permission to return to it. Once, in the presence of your body, allow yourself to slip gently back into it. Once re-engagement is complete, affirm:

> I have achieved my goal of complete liberation from fear. I am confident, secure, and fully empowered.

Summary of Purpose and User Benefits: The OBE state allows personal understanding of the origins of particular phobias without

the accompaniment of stress that occurs during an in-body memory. The phobia can be "dis-owned" with recognition of its past reality.

Case Study: Astral Therapy—Fear of Heights. In the academic setting, astral regression therapy has emerged as one of the preferred methods for treating phobias related to academic performance and the adjustment consequences related to it. A physics major reported a phobic reaction that increasingly disrupted his academic performance to the extent that he considered withdrawing from college. The student, by his account, became aware of the fear of heights for the first time while studying in a reference room on the third floor of the university library. Upon becoming drowsy while poring over old documents, he broke away from his studies to view through an open window the sprawling campus below. Suddenly, he experienced an almost uncontrollable urge to leap from the window. The fear was so intense that he had difficult backing away from the window. What had been a simple break from his studies resulted in a full-blown phobia so intense that he subsequently avoided all heights. He, in fact, discontinued attending classes except those meeting on first floor levels.

It was while undergoing counseling that the student, after having been oriented regarding the therapeutic possibilities of astral regression, expressed interest in using the technique. With his counselor's assistance, a regression plan was formulated that included astral travel to the library reference room where the phobia first emerged in order to reexperience the conditions that gave rise to the phobia. In the counselor's presence and suitably armed with the essential travel plan, he calmly entered the out-of-body state and promptly traveled to the familiar library reference room. After again casually viewing certain documents, he

cautiously approached the familiar window. Lingering as before at the window, he viewed the campus below, not with fear but with bold confidence that his fear of heights had been fully eradicated. Through astral regression, the student's phobia disappeared as suddenly as it had appeared. A simple astral reenactment of the events that generated the irrational fear was all it took to fully extinguish it.

C. The Crystalline Sphere Technique (Revised)

The Crystalline Sphere Technique is an innovative out-of-body program specifically designed to explore past-life influences and extinguish painful, unresolved past-life issues, particularly fears associated with past-life trauma. Past-life enlightenment is inherently empowering and therapeutic. Simply uncovering the past-life sources of our fears is often sufficient to totally extinguish them and instantly stimulate new growth.

The crystalline sphere technique, a self-administered program, is based on our analysis of the spontaneous OBEs of persons whose phobias were counteracted by simply reexperiencing the past-life origins of their fears while in the out-of-body state.

CRYSTALLINE SPHERE TECHNIQUE & PROCEDURE

Introduction. The intention for this OBE is to reexperience selected past-life origins of traumas that have negative effects in the current life by viewing them objectively, free of physical reaction. Approximately one hour should be allowed for the procedure, which is conducted in a quiet setting, free of distractions with the subject resting in a comfortable, reclining position and hands resting to the sides.

Here is the procedure:

Step 1. Preliminary Considerations. Before inducing the out-of-body state, formulate your goals as specifically as possible. Examples are: I will use astral projection to discover any past-life

source of the fear that has troubled my life. (Note the reference to "the fear" rather than "my fear," thus disowning the phobia while recognizing its existence and distressing effects.)

Step 2. Out-of-Body Induction. Induce the appropriate out-of-body state by applying Steps 1 and 2 of astral plane therapy as previously presented.

Step 3. Crystalline Encasement. While remaining suspended over your physical body, surround yourself with radiant astral energy by visualizing yourself safely encased in a protective, crystalline sphere. Affirm:

> I am protected and empowered mentally, physically, and spiritually by the highest forces of the cosmos. As I travel to higher astral planes, I will remain encased in a powerful cosmic sphere of energy. I will be accompanied by astral guides who will shield me and direct my flight.

Step 4. Experiencing Higher Astral Planes. At this step, the ascent to higher planes is initiated by visualizing the astral realm with its bright array of planes. From this point, allow the astral journey to unfold under the direction of higher guides as you remain encased in the crystalline sphere. (Many out-of-body travelers report that the cosmic sphere not only functions as a space travel craft, it amplifies the empowerment frequencies of higher astral planes as well.)

> Once you arrive at your astral destination, therapeutic interactions can occur within the crystal sphere under the direction of astral teachers and guides. The sphere may, on the other hand, open up to permit very direct, therapeutic interactions outside the sphere.

Step 5. Experiencing the Origin of the Fear. With the help of higher astral guides, you are now empowered to experience relevant past-life events, either as realistic projections on the inner

surface of the crystalline sphere, or as an active participant outside the sphere in an astral re-creation of the past events.

> Experiencing your past at this step of the procedure is like participating in an exciting theater production under the direction of skilled specialists. Although facing the origins of our fears, even in the company of caring guides, can be at first painful and disturbing, the resulting enlightenment and liberation can be permanent and profound.

Step 6. Re-engaging the Biological Body. Your return to the physical body, like other steps of the procedure, is helped by the ministering guides who are accompanists throughout the experience. Once in the presence of your body, slipping from the astral sphere and back into your physical body is typically smooth and effortless. Upon reuniting with your body, note the serenity permeating your being, and then affirm:

> I am fully empowered and free of fear. My life is enriched and constantly energized by the limitless resources of the higher cosmic planes.

Summary of Purpose and User Benefits: This OBE allows the user to explore past-life experiences and overcome the negative effects and memories of unresolved issues.

At first glance, the crystalline sphere technique may seem quite complex, but once the conducive out-of-body state has been achieved, and once the sphere of astral energy has been formed, the remainder of the procedure usually unfolds effortlessly in the caring presence of ministering guides.

Case Study: Astral Therapy—Claustrophobia. A college student with complaints of claustrophobia used the crystalline sphere technique to clear up a traumatic past-life experience related to the fear. Encased in the crystalline sphere and accompanied by a familiar ministering guide, he traveled to a plane of radiant beauty

and came to rest among several astral beings arrayed in shining robes. He sensed an immediate affinity for the gathering that encircled the crystalline sphere.

As he remained safely inside the sphere, a series of images that he immediately recognized as reflections of his past lives were projected on the sphere's inner surface. He recognized each flashing scene on the concave screen as a significant remnant of a past life. Eventually, vivid images of his past death in an avalanche of snow appeared on the screen. He saw himself overwhelmed with panic, struggling to escape the frigid capsule that imprisoned him. His frantic efforts only compacted the snow more solidly around him, until he could no longer move or breathe.

Suddenly, the past-life source of his claustrophobia was clearly evident. In a flash, he felt afresh the utter panic and terror of the past experience. Then amazingly, as the projected images slowly disappeared, his fear gently faded, leaving behind only peace and calm. Finally, a powerful infusion of positive energy from the circle of astral entities filled him totally as he remained safely enveloped in the crystalline sphere.

Upon reuniting with his physical body, he again experienced a powerful surge of energy and full release of his past-life baggage. Amazingly, this single out-of-body experience permanently liberated him from the pain and bondage of a life-long fear.

Although designed specifically to extinguish fear, the crystalline sphere technique is a highly flexible procedure that can be easily adapted to explore a wide range of past-life experiences. The procedure's essential elements—the crystalline sphere, higher astral planes, and ministering astral guides—provide a highly interactive structure for personal empowerment through past-life enlightenment. The empowerment possibilities of this technique are both profound and extensive, and they are available to everyone.

D. Sexual Interchange Program (Revised)

An innovative OBEs procedure specifically designed for use in partners therapy is known as Sexual Interchange, a form of out-of-body sexual interaction involving temporary gender reversal. The procedure is particularly effective in strengthening intimate relationships and overcoming barriers to sexual fulfillment; it can, however, evoke considerable anxiety, particularly for the insecure partner who may experience ambivalence in the gender reversal stage of the procedure. More than sex-role reversal, gender reversal reassigns the biological gender of each partner through an astral "walk-in" technique in which the partners concurrently disengage their own body and temporarily engage the biological body of the other partner. Although sensuously exciting during the temporary gender exchange, latent sexual impulses and repressed memories, along with gender-identity conflicts, can surface, and homo-phobic reactions can occur. The potentially disempowering effects of these responses, however, can be minimized by open discussions before and after the procedure.

The potentially empowering benefits of sexual interchange far outweigh any risks that may be inherent in the procedure. The strategy has valuable potential for those seeking insight into, and resolution of, identity and relationship conflicts. The approach is highly effective in overcoming various sexual dysfunctions, such as inhibited orgasm, sexual aversion, and sexual arousal disorders. In some instances, a single sexual interchange experience is sufficient to restore full sexual functioning.

SEXUAL INTERCHANGE PROGRAM & PROCEDURE

Introduction. Sexual interchange requires approximately one hour in a comfortable private setting with no distractions. A comfortably lying-down position while preferably nude is recommended.

Here is the program:

Stage 1. Preliminary Considerations. At this stage, the interchange partners, having already been introduced to the procedure, engage in open discussion, in which they share their deeper feelings and concerns. The complete consent of both partners to practice the procedure in private is critical to its success.

Stage 2. OBEs Induction. Having mutually consented to practice sexual interchange, the partners concurrently induce the out-of-body state as they lie comfortably together in close proximity, but without physical contact. Induce the out-of-body state by following steps 1 through 5 of astral levitation as previously discussed in this book and presented again here for convenience. Since partners often find that they achieve the out-of-body state at different rates, sufficient time must be allowed to ensure that both partners are in the out-of-body state. Experienced partners will sense the mutual emergence of the out-of-body state.

Step 1. While resting in a comfortable, reclining position, mentally scan your total body from your head downward, pausing at areas of tension and letting them relax. Slow your breathing, taking a little longer to exhale, until you develop a relaxed, effortless breathing pattern.

Step 2. Focus your full attention on your physical body and imagine it becoming lighter and lighter, until finally, it seems to become weightless.

Step 3. As the sense of weightlessness continues, imagine your physical body, as light as a feather, beginning to rise slowly. Next, visualize your physical body momentarily suspended in space, then slowly returning to its original position, but leaving your consciousness behind in astral form, still suspended over your physical body.

Step 4. From overhead, view your physical body, now

resting comfortably below. Notice your sense of weightlessness and separation from your physical body.

Step 5. Invoke the positive energies of higher astral planes by visualizing your projected astral body, as well as your physical body below, surrounded by white radiance, then affirming:

> My total being is now enveloped in the powerful radiance of cosmic energy. As I travel beyond my body, I will be empowered and protected, mentally, physically, and spiritually, by the positive energies of higher astral planes. I will return to my physical body at any time by simple intent alone.

Stage 3. Astral Embrace. Once a mutual out-of-body state has been achieved, the partners engage in an astral embrace while suspended over their physical bodies which remain comfortably at rest below them.

Stage 4. Gender Exchange. At this critical point in the procedure, each partner first visualizes and then astrally engages the biological body of the other partner. In the male-female dyad, the astral male assumes a female biology while the astral female assumes a male biology, resulting in a gender reversal state which we could call out-of-one's-own-body-but-in-the-body-of-the-other. Because they are outside their own bodies, the partners, while temporarily possessing the physical body of the other partner, remain in the astral projected state. Periodically throughout the procedure, imagery of the possessed body may be required to maintain the gender reversal state.

Stage 5. Interchange Arousal. While in the projected gender reversal state, with each partner in possession of the other's body, the partners engage in sexual foreplay, typically through erotic expressions involving physical touch as well as mental and verbal

communication. As sexual arousal emerges and throughout the ensuing sexual interchange, the gender reversal state is carefully maintained.

Stage 6. Sexual Interchange. With the female partner in astral possession of the male body, and the male partner in astral possession of the female body, sexual interchange as a combined form of astral and physical sexual intercourse is initiated. The sexual interchange experience typically culminates in mutual orgasm.

Stage 7. Interchange Resolution. Following sexual intercourse and while retaining the out-of-one's-own-body-but-in-the-body-of-the-other state, a period of reflection and relaxation is recommended, during which the partners share feelings and thoughts concerning the experience.

Stage 8. Astral Embrace and Return. At this stage, the partners simultaneously engage in a brief period of quiet relaxation, and then exit each other's body by intentionally shifting astral awareness above the two physical bodies which remain at rest and in close proximity. While in that levitated out-of-body state, the partners embrace, after which they reengage their own physical bodies. Each partner then focuses attention on the physical body and its various sensations, such as breathing, tingling, and so forth.

Stage 9. Post-Interchange Embrace and Resolution. The partners conclude the sexual interchange experience by physically embracing and again sharing their innermost thoughts and feelings while giving particular attention to the empowering relevance of the experience.

Summary of Purpose and User Benefits: The out-of-body experience of temporary gender exchange between sexual partners is useful in understanding and overcoming various dysfunctions and inhibitions. Additional benefits include a better appreciation of

our inner self that has opposite-gender psychological elements. In some cases, the OBE gender exchange has resulted in desired pregnancy.

Achieving Feminine/Masculine Balance

A major advantage of sexual interchange as a psychotherapy technique, aside from its direct empowering effects on relationships, is its capacity to put us in touch with the other side of our sexuality. Our genetic makeup—including the pairing of chromosomes that determine our gender—consists of equal contributions from each of our parents. Through sexual interchange, men and women alike can discover the empowering potential of their total sexuality—including their masculine and feminine sides. Women who practice the technique experience greater appreciation of their masculine side, and men who practice the technique report greater appreciation of their feminine side. The result is a healthful balance between our feminine and masculine sides, and a better understanding of the other sex. Equally as important, sexual interchange reveals that men and women are actually more alike than they are different. Whatever our physical, cultural, social, and psychological differences, we are, first and foremost, human beings, and we are of the same planet.

Fertility Enhancement

Aside from its psychotherapeutic value, sexual interchange has shown amazing promise as a fertility empowerment procedure. In one remarkable instance, a couple turned to sexual interchange after two years of failed efforts using advanced fertility techniques. The result was a prompt pregnancy. In another amazing instance, a husband, who had been advised that he was sterile, used the procedure with his wife to result in a pregnancy that produced fraternal twins.

Although numerous case records indicate the remarkable efficacy of sexual interchange as a fertility procedure, the underlying dynamics and complex interactions involved in the procedure remain largely unknown. Sexual interchange seems to set into motion the intricate psychological, astral, and biological functions that facilitate pregnancy. From an interactive perspective, the couple's astral bodies, once interchanged, could energize their biological reproductive systems while stimulating a mental state conducive to pregnancy. On the other hand, the procedure could simply evoke our psychokinetic powers that, in turn, directly target and activate dormant reproductive functions. Yet another view holds that astral interchange is essentially a rejuvenation procedure that literally reverses the aging process and increases sexual potency. This view would explain the procedure's success with older couples whose reproductive clocks had slowed down or expired.

Conclusion

In this chapter, we have examined only a few of the spontaneous and induced therapeutic applications of astral projection. With astral projection moving firmly into the field of counseling and psychotherapy, we are left with three compelling conclusions. First, a master therapist who is unsurpassed in therapeutic skill exists within each of us and is ready to act in our behalf; second, abundant resources with infinite therapeutic potential exist in the astral dimension and are readily available to us; and third, astral projection is an invaluable therapeutic vehicle that can connect us to these inexhaustible sources of growth and power.

We are born into this life to learn and grow, but there are many external factors encountered in every life that inhibit and even totally block some of the anticipated developments.

Reinvigorating Our Master Plan and Life Purpose

When we turn to our inner and higher self through astral projection and other inner plan awareness, we reinvigorate the original master plan for this lifetime and our higher self can redirect us to our life purpose.

It is only in the physical world and the biological body that we encounter fixity and outer directed programming that originates conflict with inner resources. We are only beginning to understand how chemical additives to our food and natural environment interfere with our genetic structure, and how social interactions during formative years can distort emotional and mental development. Turning to the guidance of the higher self can at least partially restore the original matrix of body and personality.

The astral world is not only a valuable resource for growth and psychic empowerment but an even greater source of personal strength and self-healing.

[contents]

10 1/2

ASTRAL LOVE, SEX & MAGICK

Arousing & Deploying Astral Power

(Secrets for Women Only)

Chapter 10 ½?

Yes, "10 ½." Originally this material was planned as part of chapter ten, but then it took on a dimension of its own beyond those subjects and—quite honestly—when we thought about it and remembered there had once been a motion picture with that title about a woman so perfect that she was seen as more than a "perfect ten," we felt it worked well for the subjects of this chapter.

For Women Only?

Not really, but it makes a point. While this is not a chapter specifically about "Sex Magick," the historic fact is that until very recently sex magick as practiced in both the East (as Tantra) and the West was largely a dominant (elitist) man's game with men using (and often abusing) subservient female partners as mere means to raise energy, contain it, and then release it to the dominate master for his purposes.

That has changed, and the shoe is on the other foot and it's a high-heeled shoe!

It's not that sex magick is now a woman's game, but with new understanding of the nature of the astral plane, its nature, energy, and substance, the interplay between astral and physical in all actions (magical and otherwise), and respect for and recognition of

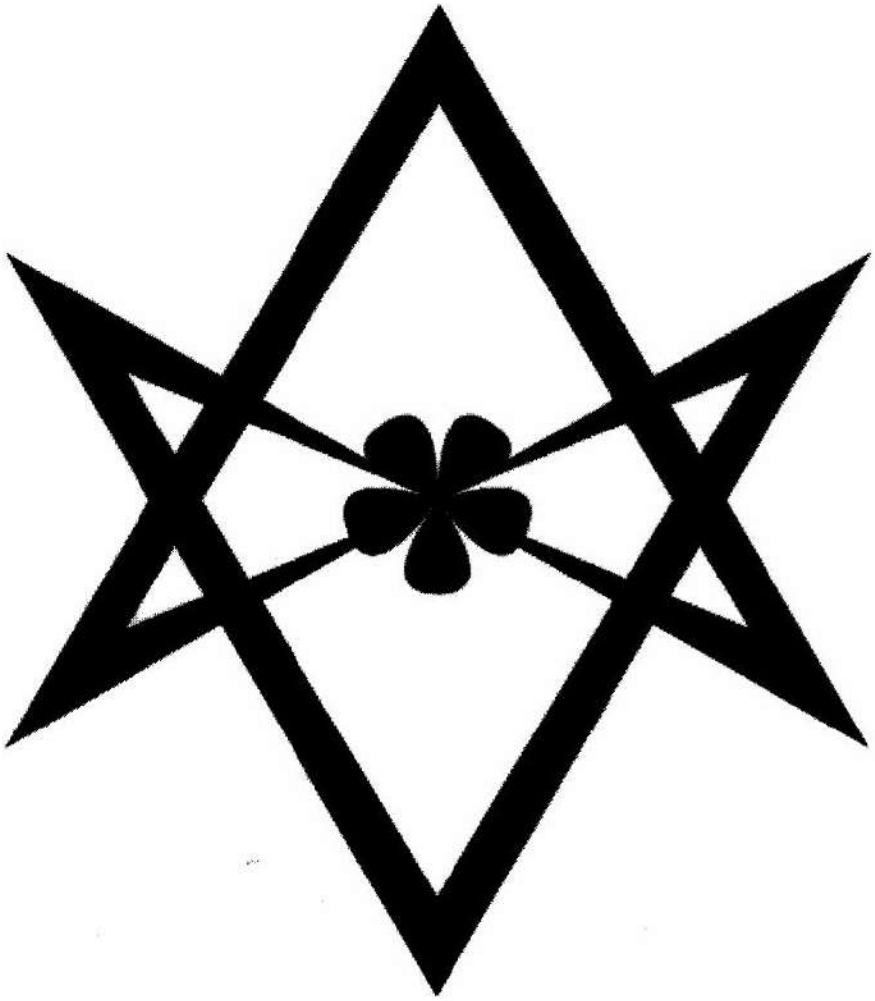
the differences in female and male sexuality and their respective emotional needs, sex has become a shared activity in which women do play the key role.

Start with Love

It's not easy to bring this all together without delving into a lot of magical and sexual "technology," but we can start with Love.

Love Is the Law; Love Under Will

While that phrase sounds like a throwback to the "free love" culture of the 1960s, it really goes further back to 1904 with Aleister Crowley's publication of The Book of the Law and his pronouncement that the world had entered a new age, "The Aeon of Horus," defined as a time of love and spirituality, of growth in consciousness toward self-realization and the discovery of each individual's True Will.



Crowley's symbol summarizing Love is the Law; Love under Will

And we have to give further credit to the advent of the zodiacal Aquarian Age, even as astrologers and astronomers may argue the exact timing of its beginning. For those of us who are old enough (and both your authors were born in September 1930) to have viewed the considerable transformation of culture, the new understanding of the physical universe and of the human psyche, the integration of esoteric knowledge into the physical and social sciences, and the transforming benefits (as well as hazards) brought with the advent of modern technology, this New Age is a reality marking great changes in consciousness that extend into our perceptions and—in regard to this chapter—personal and sexual

relationships. Further, we must acknowledge the extensive transformation of society and culture that includes the worldwide growth of the middle class, the civil rights and civil liberties movements, the transformation of women's roles and women's rights, the near total suppression of slavery (although slavery is still rampant in certain areas) and the vast extension of democracy. All of this is characterized by Aquarius, but the transition from the Piscean Age is slow and incomplete, and requires our continued efforts to end slavery, persecution by religious authorities, repression of women, denial of quality education, censorship, and class warfare.

The "Matter" of Emotion

In earlier chapters we have recognized that we are all complex beings of physical, astral, mental, and spiritual substance, and we have touched upon the basic nature of each of the corresponding planes and bodies, and of the interrelationships between them.

Two Underlying Principles

Here we are concerning ourselves with only two underlying principles:

1. Emotional Reality: The substance (matter) of the astral plane, of its energies and operating system is defined as Emotion. Whenever and however we experience what we know as emotion (feeling, love, desire, affection, ambition, gratitude, etc.) our astral body and the astral world are the field of action.

2. Interconnectedness: Anything that happens on the astral plane manifests (in some manner) on the physical plane, and everything done on the physical plane is reproduced (in some manner) on the astral plane. Nothing happens in isolation, and everything (and everyone) is connected and related (in some manner) to all things and all beings everywhere and in every dimension.

These principles are basic to understanding astral love, sex and magick, and to deploying the power and glory of sex in magick, in healing, and in success in any endeavor.

Rules of Engagement

When we love another person we stir the astral substance, raising astral energies, and touch the astral body. And, in all this, there are repercussions in our physical bodies, and in physical substance and energies. The same is true when we have sex, and when we do magick together. Nevertheless, the rules of engagement for each of these—love, sex, and magick—are different and must be met with perception, respect, and knowledge for the utmost benefit.

Even though our consciousness may be focused in the physical, most of the real action is on the astral and the reason we may have problems results mainly from a failure to recognize and understand the astral side of the affair.

Emotion, and most particularly love, is the strongest engagement we have with the astral world, and until we perceive it from the astral perspective and respect the nature of the astral plane's operating system and rules of engagement we fail to engage with the great power and benefits of our astral nature.

"Love Makes the World Go 'Round" Or, Does It?

At the subconscious level, we all recognize the powerful influence love has on us. We fall in love and are dominated by our feelings for the other person, our bodies are affected, our life centers about our love, and we may even go around singing songs like the 1961 song written by Bob Merrill.

But, while we expect our love to last—and sometimes it does—more often we fall out of love, and move on until we settle down and declare our love and form a mature relationship with another

person. The nature of our love changes over time, and the fire and passion of youthful love is often lost, and reality sets in as love is balanced with mundane concerns of our jobs, our parenting responsibilities, the challenges of family budgets, the impingement of global economics and politics, and the expansion (or narrowing) of our intellectual and other social interests that inevitably set in.

Love as Polarity

It is no longer love that makes the world go 'round, at least not as we think of it. Love, as the experience of polarity throughout all existence, remains as a fundamental fact no matter what name we give it in our various studies of physics, psychology, politics, economics, occultism, and weavings of theology and philosophy. With polarity, there is "attraction" between positive (also known as active and masculine) and negative (aka passive and feminine). "Attraction" as another name for magnetism, and the function of polarity is to initiate and stir energy into motion. E-Motion is simply "energy in motion," and motion is what distinguishes life from death.

The love that is the fundamental experience of polarity throughout all existence can be individualized and empower our lives to greater joy and glory, to grow and transform, and enable us to become more than we are. Love is a positive and exciting dynamic that remains potential on the astral plane if we will recognize it, respect it, and act with understanding and knowledge.

To become astrally aware and active, to recognize and work with our astral power and capabilities, is not only psychically empowering but self-empowering for the whole person we are intended to be. In our fundamental makeup we are multi-dimensional beings programmed to grow at all levels: physical, astral, mental, and spiritual.

Dreaming of Passion

Commonly, we experience love passively. We dream of the passion that comes with "falling in love" and yearn for the comfort and companionship of our relationships with loved ones, but mostly we cannot make love happen despite the phrase, making love. To some extent, we still believe in the fairy tale of a young woman being awakened to love by the kisses of a courtly lover inspired by her innocence and beauty.

Making Love Sexually

Making Love is commonly defined as "the physical expression of an intimate relationship." We generally speak of sex within a love relationship, but certainly just as often we carry out sexual acts independently of love or relationship. Young people masturbate to learn about their bodies and satisfy urges that come as their bodies become flushed with the hormones of coming of age. And then, as they turn into adolescents, they want to learn about the bodies of the other gender and experience their touching and then intermingling of the body parts known as erogenous zones.

At a certain time, these pleasurable feelings expand to include something perceived as love. Biologically based pleasure becomes emotional, and other times emotion turns sexual. Throughout life, love and sex can be experienced separately, but nearly always there is desire that they join together in one experience of union with the beloved.

Love & Sex Go Together … Like a Horse and Carriage?

Glow with the Flow

While love can make us happy (or unhappy!), sex makes us glow with the flow of energy that rises and then explodes with orgasm. For some, and not just men, that's it. For most men, ejaculation is

orgasm, and once it happens, it's "so long sweetheart; thanks for the ride." They don't know what they're missing!

For a woman, there's more to it—and it is that "more" that men too can have. Knowledge of anatomy and technique goes a long way, and the modern world has brought them to the bookstore at the mall, to the library, to high school classes, and to the Internet. A quick search on the Web will bring site after site providing intimate details of the processes by which women and men too can have extended and multiple orgasms as well as just plain better sex. And a little further research will provide all sorts of guidance to helpful toys, accessories, and alternative methodologies seemingly little known to most of us until very recent times.

A Flower of Power

At any age, regardless of gender, people can have great sexual pleasure alone or together, in a one-night stand or a bonded relationship. It isn't necessary that love and sex be experienced together for us to bring sex into a flower of power. That power is astral power that can be experienced only as pleasure, or deployed through magickal understanding for material success, greater health, and specific accomplishments.

We can safely say that knowledge of sexuality has separated the horse from the carriage and replaced both with a fine sports car that can be driven by either man or woman while being inclusive of the needs and joys of the passenger.

Astral Sex Is Always Magickal

We've made the point that every action on the physical level happens also on the astral level, and that everything done with astral awareness and with consciously determined goals will manifest at the physical level. That's magickal.

But action taken with intention to produce results when

enhanced with that particular energy we experience in any sexual encounter is driven by a power beyond the ordinary. This is not a text on sex magick, but our intention is to open the reader's consciousness to the magickal potentials when physical actions are undertaken with understanding and awareness of their astral repercussions and knowledge of how these in turn can be intentionally manifested in the physical world. Various books on sex magick are recommended at the end of this chapter.

Sex Is Always Astral

While every physical action has an astral reaction, nearly everything sexual is accompanied by emotion, and we've established that emotion is the very substance of the astral plane. We don't need to describe every kind of sexual encounter to clarify this point so let's just look at an imaginary "date night" to perceive that astral elements for each partner in male and female roles, and then see also how all of this relates to sex magick. And to keep it simple, we will only concern ourselves with a mature heterosexual couple in an established relationship, regardless of marital status. Readers can make adjustments as perceived to be necessary for same sex couples and for solitary action, but the basic recognition of polarity in energy development is essential.

We are not making this into a text on relationships or sexual technology, but it needs to be sufficiently descriptive and suggestive without delving into mechanics. And the point is made that providing and planning time and opportunity for such events (a date night) is important to a healthy relationship and an extraordinary sexual encounter. While spontaneity is a factor in our romantic thinking, it should exist as an incidental trigger within the type of activity outlined in the following program even if it can't be experienced in the full detail of the imagined program. For experienced couples, the program is already known while the

details are to be filled in.

SEX & ROMANCE, PROGRAMMING & PROCEDURE

Introduction. Our goal here is not so much formulaic as it a reminder of what romance and sexual interaction can be—as it was when "we were young and filled with anticipation for the great adventure that is love's promise." Even then, often in ignorance and driven by hormones and various pressures, the promise was more often disappointment, frustration, and sometimes a broken heart.

The Goal: It may be one of many simple pleasures or it may be intended to accomplish a magickal purpose. Either way, foreknowledge is necessary for consciously developing all the stages of the event.

The Event itself: On this date night they will go out to a restaurant for dinner, perhaps follow with other traditional date night activities—dancing, a concert, a movie, conversation, etc. Married or otherwise, they will end up "at home"—his, hers, or theirs, or possibly a hotel, resort, or a borrowed "cottage-by-the-sea."

Romance & Courtship: There is an important element in such event planning and that is the awareness of how psychologically important (even if denied or presumed outdated) traditional male and female roles are—mostly in regard to old-fashioned etiquette where the man opens doors, seats the lady, perhaps gives her a gift of perfume or a flower, and otherwise shows that he cherishes her and sees her as special. In a sense each date night should be a courtship and not a
direct-to-bed program. It is equally important for the woman to treat date night in her special ways of extra care in bathing, underclothing, makeup, hair, etc. Likewise, the place of their sexual encounter should be made as romantic as feasible.

Anticipation

They—They both know what the Goal is, pleasurable or magickal. No one uses the other unknowingly in either situation. With either goal, "romance" adds considerably to the adventure and the arousal, retention, and release of sexual energy, i.e. astral power.

She—Sexual anticipation involves more feelings for a woman, and with foreknowledge she makes plans that will relate to the breadth of her preparations.

He—He sees the matter from a perspective of what must be done to start the encounter, and then will let things happen.

> Astral—The woman's imagination is brought into play at the very start. She fantasizes about what she will wear and may make choices she knows or believes will enhance her attractiveness. Perhaps she knows what will be sexually stimulating to him, and includes some items accordingly. She looks ahead, beyond what she will wear to the restaurant to what she will wear on the way to bed, perhaps in bed, and possibly what she will wear in the morning. He likewise decides what to wear, but without much imagination beyond what he conceives as appropriate to the restaurant.
>
> Magick—Magick is energy, and it is given direction by the establishment of a goal. The magician recognizes the value of each step as it stimulates the build-up and flow of energy, and has in mind how it will be directed to the goal. In magick, it is necessary to consciously relate every detail to the arousal, retention, and discharge of energy into the visualized goal—which may require the presence of physical objects such as a talisman to be anointed or divinatory to be used or something representative of a construction.

Planning

They—Knowing the goal is separate from knowing the event—but knowledge of the event influences the planning, so both must know sufficient details of the event to plan accordingly. Once the goal is known, and the locale and structure of the event is determined, various details can also be planned—especially so if the partners are on familiar grounds and have uses for particular accessories, toys, or aids, whether pleasurable or magickal.

She—She leaves the initial step to him. They will go out for dinner and other possible pre-sex romantic activities. Knowing the event will determine a great deal of her initial actions. She is more concerned with minute details than he is, starting with her bath and clothing choices. Planning for dancing, she chooses sexy heels and a dress that shows her legs and figure.

He—Determines the restaurant: it could have been only a pizza and beer joint or a fancy (expensive) restaurant; possibly in a hotel should a hotel room be the "home" setting. In this instance, he has chosen a nice restaurant with music and dancing. He'll have a quick shower, and put on a suit and tie.

Astral—If the goal is pleasure, then imagination is charged with sexual energy from the beginning. The choice of dress and accessories further builds the energy charge.

Magick—if the goal is magickal, the imagination is charged with planning the details of ritual action even though it does depend upon mutual sexual pleasure to raise the energy and substance necessary to complete the discharge of energy. With a magickal decision, the addition of material items is important and each choice adds to the charge.

Act One

They—Knowing that the event involves dinner at a quality restaurant where fine food is served with some degree of drama and the décor encourages conversation and romantic dancing is

part of the attraction, each partner can make decisions.

She—She chooses her dress, shoes, jewelry, makeup, and does her hair with the sensual pleasure a woman has. She makes herself look good and feel good, and her sexual feelings are always present. She may choose some of her outfit to be sexually stimulating both to him and herself. Fetishism is always in play and applies to both wearer and observer in complementary fashion. Her choice of shoes, jewelry, and underwear is particularly made with fetishistic awareness even if it remains mostly subconscious.

He—His choices have little to do with sexuality and more to do with utility and the image he cares to project. Most of his decisions are made with little emotion, and without much reference to the impression they will make on her but more with the impression they may make on the restaurant people.

> Dressing is a woman's game: she puts her body into clothes, while he puts clothes on his body. She is concerned with her inner feelings and expressing herself; if the situation warrants it he is concerned with impressing others—mostly other men. This is the origin of uniforms.
>
> Astral—Her imagination is in high gear, and is charged with sexual energy. Because many of her clothing choices have sensual aspects: the height of her heels, the sensation of swinging earrings, the feeling of a bracelet, the pressure of tight clothing or the swish of loose clothing, etc. the sexual charge is physically anchored. But the very concept of fashion further charges her emotions with feelings of attractiveness, of elegance, of sexiness, and likely awareness of sexual arousal in her partner. He is aroused not only by her appearance but by her own arousal as her magnetic energy attracts his electrical response. And he sees her feminine

perfection as a reflection of his power. She is his "trophy."

Magickal—Her magnetic energy stirs and attracts his electrical energy—which in turn is projected to her and increases her magnetic charge which slowly extends outward to embrace and hold him. The slowness with which these energies are raised influences how long they will endure, and the longer they endure, the greater their potential power.

Act Two

They—The restaurant ambiance encourages comfortable conversation across the table, perhaps recalling humorous events with friends and family, perhaps discussing plans for future vacations or other matters of shared interest. One or the other may reach across the table to touch the other's hand, or even a cheek.

Following dinner, they dance, and with the embrace and shared rhythm of dancing together, romantic feelings are intensified, and it is likely that sexual arousal begins. Dancing involves touch of the two bodies, and provides opportunities for him to caress her ears and neck, to press against her breasts, pelvis, and thighs. The rhythmic movements of her pelvis may even lead to orgasm and if so she is ready for more.

She—This is the act she would write: she looks stunning, she feels attractive and sexy, and she feels his love and desire for her and responds. Her gestures, her facial expressions, the look in her eyes speak volumes. She is flooded with the "power of attraction," and his energies are drawn to her. All of this is reflected on the astral plane in swirls of color.

He—He is enamored. She glories in her femininity and he in his masculinity: she is magnetic and he is electric; she is attracting and he is projecting. His projection is embraced by her attraction. At the energetic level, her magnetic field may even be strong enough

to embrace his penis strongly enough for both to feel. His need is to act with restraint which may amuse her.

Astral—Astral energies are swirling and merging, and astral substance pervades their bodies and the atmosphere around them. Other couples are affected by it and in other circumstances the result could be an orgy.

Magickal—These energies are aroused and intensified as the polarities are stirred and stirred. The physical and astral bodies are reservoirs of highly charged energy that should not yet be released.

Act Three

They—They are ready to go home. Their shared concern is to keep their feelings and desires high and hope that nothing "mundane" happens to brings them down to earth.

She—She is filled with anticipation. She feels filled with love and yearns to open herself to him.

He—He is filled with love and passion.

Astral—The energies that were swirling before are now focused and have the appearance of encircling dark red flames of passion.

Magickal—The tension is palpable; the goal is to build it and retain it. Both partners are prepared to focus the direction of their energies to the magickal goal.

Act Four

They—The goals determine the play. If magickal, they need to ready the stage, change costume as may be required, lay out the material objects that may be called for, and start the ritual. If pleasurable, the stage may be as simple as a bed or involve something of a "play area." In any case, the script is basically predetermined. The most important guideline is summed up in the

title of an important book, She Comes First by Dr. Ian Kerner. This requires cooperation and mutual understanding, but above all recognitions of the importance of the concept that her sexuality becomes their sexuality.

She—Her goal is to be pleasured and she may need to direct his attention and manipulations to match her desires, or they may already know the script. Her desire is to reach a pre-orgasmic level and sustain it, and then to release it in orgasm. Then they start over and she reaches one or more additional orgasms.

He—His goal is to build and sustain her pleasure to and through several orgasms while holding back his own. This is not selfless on his part because her pleasure becomes his pleasure as her energies cycle through and around his body. He is challenged to "hold back" but experience and training delivers great benefits. He, too, may be able to experience multiple orgasms (with or without ejaculation), or at least a long sustained one.

Whether they rest and do it again, or drift comfortably in "gnostic trance" into a night of sleep is a matter of experience and choice.

Simply stated, a woman's body is better suited to greater and more sustained pleasure than is a man's, but with knowledge and training, a man can give a woman more pleasure and sustain it longer, and in so doing discover that his own pleasure can be increased and sustained to actually match hers. Together, they can reach and "fly over the moon."

It is in act four that sex magick training contributes to either pleasurable or magickal goals for both call for more arousal and sustainment of the peak experience. See the recommended books for guidance.

Astral—The dark red flames of passion are now a rosy glowing aura surrounding both partners. The energy

expended has largely permeated both physical and astral bodies, healing areas of stress, smoothing and soothing mental and emotional conflict, and opening the crown chakras to receive higher energies and inspiration.

Magickal—See Act Five.

Act Five: The Magickal Climax

They—Together they work to direct the powerful sexual energies to fulfill their pre-determined magickal goal in the manner they together established. It may be to charge an idea or a symbol representing that idea, it may be to charge a talisman to continue delivering that goal (which might be weight loss, self-confidence, or other longer term objective), it might be to charge a divinatory tool with a particular question, or it might involve the gathering and use of their combined sexual fluids through anointment or mutual consumption.

Every step will have been outlined in the ritual script with details just as important as those in a chemical formula, an architectural blueprint, a gourmet recipe, a detailed marketing plan, or any other complex procedure where each step and every ingredient are vital to success of the whole program.

Summary of Purpose and User Benefits: Sexual interaction, especially within marriage and established relationships, all too often loses the battle with disparate schedules, the needs of children, stress and worries about finance and career, and the loss of perspective. There's even problems related to shared closet space, the embarrassment of expressing desire and need, and other factors that every couple is well familiar with.

That's the benefit of a program—it's out in the open, and provision is made both of mutuality and for individual expressions. There should be an objective role for fun and games, for toys and role-playing, and for surprises and familiarity.

There's recognition of genuine benefits for physical and emotional health, of the magical benefits, and the truly mystical.

More information on Sex Magick will be developed in a later section.

Healthy Sex for a Healthy Whole Body & Astral Power

Wilhelm Reich and Sexual Liberation

It was Wilhelm Reich, M.D. (1897–1957) who helped liberate American sexuality with his theories on muscular armor and Orgone Energy, While controversial in the 1940s, his work was continued by a number of other scientists and therapists including Alexander Lowen (Bioenergetic Analysis), Fritz Perls (Gestalt Therapy), and Arthur Janov (Primal Therapy).

Reich's discovery of orgone energy, and his invention and marketing of his "Orgone Energy Accumulators" led to actual persecution by the Food and Drug Administration, his imprisonment, and the 1956 burning of all his books along with his research files and records in one of the saddest cases of censorship and persecution in American history.

What was so bad about Reich? He was a fanatic about his work, and when sued by the FDA he insisted on representing himself in court despite his lawyers' advice ("We can win this case for you. Their case is so weak, so when you let us do our thing we can get you off.") Instead he expected the judge to read all his books while at the same time he argued that a court was not qualified to determine scientific validity. He was sentenced to two years in prison for violating a court order not to sell or move his Orgone Boxes. He died in prison.

Simply, he taught that sexual freedom was necessary to personal and social health—free from the adverse teachings that masturbation was both a sin and unhealthy, that women were

supposed to repress their sexuality, and that sexual intercourse was only for reproduction of the species. Included in this denial of sex was the legal and religious prohibition of all forms of "artificial" birth control—no condoms, no pills, no diaphragms, no karezza (coitus reservatus), and—of course—no erotic literature, pornographic or otherwise.

And he taught that good sex was good for the body, releasing muscular tensions along with physical and emotional stress. Altogether, he was a pioneer ahead of his time. No doubt sexual freedom would have happened anyway, but Reich should still be honored for his work, and today you can find more about this at the Wilhelm Reich Museum in Rangeley, Maine.

Sex and Health

Today, a good sex life is recognized as a routine medical concern by your physician, and pharmacies have herbal and pharmaceutical products to help both male and female libido. Television advertising of such products is "Big Business," and dozens of mail order catalogs from popular vendors of household items, women's apparel, sporting goods, as well as health products regularly feature various "aids" from vibrators to bondage play things.

ACTIVE AND REGULAR SEX HAS MANY HEALTH BENEFITS

- Improved blood pressure: A major benefit of active sex is lower blood pressure and overall stress reduction.
- Improved immunity: Having sex once or twice a week produces higher levels of an antibody called immunoglobulin A or IgA, which can help protect you from getting colds and other infections.
- Improved calorie-burning exercise: Thirty minutes of sex burns 85 calories or more.
- Improved cardiovascular health: Having sex twice or more a week reduces the risk of fatal heart attack by half for men,

compared with those who had sex less than once a month.

• Improved self-esteem: One of the reasons people say they have sex is to feel good about themselves, particularly if it is connected and loving, and then the converse—and having great sex begins with self-esteem.

• Improved intimacy: Having sex and orgasms increases levels of the hormone oxytocin (the love hormone) which helps us bond and build trust.

• Improved Pain Control: As the hormone oxytocin surges, endorphins increase, and pain declines, whether headache, arthritis pain, or other.

• Improved Prostate Cancer Protection: Men who had five or more ejaculations weekly while in their twenties reduced their risk of getting prostate cancer later by a third.

• Improved Pelvic Floor Strength: For women, doing a few pelvic Kegel exercises during sex brings more pleasure and also strengthens the area to minimize the risk of incontinence later in life.

• Improved Sleep: The oxytocin released during orgasm also promotes sleep, and getting enough sleep has been linked with maintaining a healthy weight and blood pressure.

From Physical to Astral

We earlier established that everything done on the physical plane is reproduced—in some manner—on the astral plane, just as the reverse is true. It's in that phrase, "in some manner," that there is mystery and considerable room for surprise, and it is for that reason that it becomes more and more important to understand the astral plane and its rules of engagement. Each plane has its own rules, but there are a few things that can be generalized. One of them is that of reversals, or more often, complementarities. Some things that are negative on one plane become positive on the

planes above and below. Likewise for things we perceive as feminine and masculine, but in some manner, because we actually know so little we have to point to the need of experiment and experience in your own life. Keeping a journal and noting things your subconscious seems to call to your attention—factors in dreams, in divination, in magick, in relationships, and so forth—is more important and helpful than reading all the books in the world.

In the list above, we indicated ten physical benefits from an active sex life. The corollary is that there are benefits on the astral plane as well, but in some other manner than the physical benefits. Sleep, pelvic strength, chemicals and hormones, and these other physical factors do not exist on the astral but there will still be an effect from the physical plane actions and most likely it will be in the area of astral sexuality. Physical health will be complemented with astral health, physical strength with astral strength, physical pleasure with astral pleasure, and physical intimacy with astral intimacy.

The more you bond sexually with your partner, the greater your astral bonding and intimacy, physically and astrally. The union of two bodies becomes the intimacy of two "souls" (although that is somewhat a problem of terminology since we do not have a precise definition of the word). Through sexual union you will always have an astral connection to that partner whether a one-night stand or a long and solid relationship. Sexual adventures may later become friendships, or they could become a source for astral (emotional) irritants of unknown origin. As we have seen with regression techniques, remembering such adventures and seeing them from a current (more mature and wiser?) perspective may provide a therapeutic solution.

From Astral to Physical

One of our rules of engagement is that the higher always dominates the lower. What we do on the astral becomes realized in the physical, but the nature of that manifestation is an important matter to be determined. Think of it as a kind of "weather control."

Through our pleasurable sexual activity that brings so many physical benefits we are also accumulating considerable astral energy. The astral dominates the physical and that energy will follow the path prepared for it on the physical through ritual, creative visualization, strong intention, etc. Lacking direction, that powerful energy may be diverted by fantasy, fears, subconscious concerns, emotions, worries about the children, and so forth—all with potentially undesirable effects as well as the waste of this amazing astral power.

In theory, at least, this astral power can be stored just as physical sexual energy can be stored in the hara center of the body. That is a subject for further study in Taoist Yoga and Chinese Alchemy, and many good books are available. In respect to astral energy we might experiment by imagining a large battery marked "Astral Energy Storage" and visualize the astral sexual energy flowing into the battery, and then at a future time withdrawing energy for a physical manifestation.

Perhaps the best nonmagical direction to give your astral energy during orgasm is to your own physical health and/or rejuvenation. Unless you have a specific body area of concern, each partner should visualize the entire body glowing with grass-green healing light. See it, feel it, experience it, and know it is healing and rejuvenating your entire body.

From Fetish to Fashion to Fixation

There was a time in the not so distant past when the attraction a man experienced to a particular feminine body part or body adornment was considered a psychological disease because it

didn't conform to the accepted standard that sex meant sexual intercourse for reproductive purposes only. In addition we had the belief that the human was "above" his animal heritage, meaning that men were not expected to be attracted to women at the physical level. The existence of the long history of sexual attraction was ignored, and the subconscious factors of male response to a woman's breasts, buttocks, narrow waist, and shapely legs were denied and "covered up" by contemporary fashions, which in turn became objects of sexual attraction.

Fetishes are Mutual, but Different, for Men and Women

What we now understand is that a man's response to a patent leather high-heeled shoe (one of the most common fetishes) is also reflected in a woman's pleasure in wearing such a shoe. There is always a complementary aspect to the fetish or any other aspect of sexual attraction. In contemporary Western culture and fashion, the fetish is no longer perceived as a disease and more often—when viewed as a fetish—it is acknowledged with a certain amount of amusement and an inspiration for fashion, reflecting, in particular, the entertainment world where anything goes.

Fetishes are a common factor in sexual awareness and play today, but a fetish can become so great a reservoir of sexual energy as to become a fixation for some men. A man may follow a woman in public and cut her long hair; he may invade her home and steal her underwear; he may stalk a woman wearing stiletto heels, and end up performing abnormal and even criminal acts. With fixation, he loses control—so powerful is the energy he projects into the attracting fetish—which has no power of its own except as an astral reality!

A Fetish Becomes a Reservoir of Energy—Magical, Religious, or Sexual

Fetishes may be discussed under three relating meanings: as magickal in a sense similar to a charm, amulet or talisman, as a religious icon, and as a sexual object. The common element to all of these is that a physical object has been filled with energy that it then retains like a charged battery.

A religious fetish can be either an object of worship (thus being charged with energy) or one used as a tool in ritual or healing with a directed discharge of energy. The very fact that the object is used in this sense means that it also seen as a power object, and that also involves a constant recharging. The concept was early recognized by anthropologists studying primitive cultures, but the actual practice is ancient and may be seen in religious icons, statutes, pictures, medals, healing centers, and other objects that receive power (blessings) and distribute it in healings, spiritual protection, and as a conveyor of good luck.

A Religious Fetish as a Power Center

A religious (or spiritual) fetish may also have originated as a found object that was recognized as having some kind of power. It may have started as a fascination with a natural gem, or a particular shape in stone or wood, or as an object connected to a natural power center.

A Magical Fetish Radiates a Force

As a magickal object there is not a lot of difference between a fetish and a talisman or amulet; basically all three are charged with a magician's energy projected into the object both simply by focusing will and visualizing a force entering the object or with the sexual energy released during orgasm. A talisman is charged for something such as health and an amulet is charged against something such as an illness. A fetish is charged like a storage battery to radiate a particular influence upon coming in contact

with a pre-determined something or someone. A fetish may be charged with anger and hate to deliver a curse when in contact with an intended victim.

A Sexual Fetish Fascinates

A sexual fetish is charged by normal sexual attraction but with additional emotional, and sometimes accidental, sexual associations, such as an adolescent's first sexual experience. Particular fashion accessories are often associated with glamour, exotic adventures, or activities, and enriched by the imagination. The sexual charge may originate from either the viewer or the wearer: a woman may feel more glamorous, more sexy, more powerful, more attractive, or identify with a group of admired women as a result of her shoes, more exotic jewelry such as a jeweled anklet or armlet, long leather gloves, or other items that may be of strong contemporary interest because of costumery in the entertainment world or identification with a celebrity woman's trademark fashion. That initial charge may then excite response from men, further charging the object, and in some cases become a full sexual fetish.

All Fetishes Exaggerate the Source of Their Power

Most sexual fetishes involve an exaggeration of idealized feminine accessories and body movement—just as an extreme high heel changes her "gait" and posture, a corset narrows the waist and emphasizes bust and hips, jewelry draws attention and may suggest exotic adventure, and a particular fabric may inspire a special fashion such as a tight leather or latex catsuit. A broad belt may be ornamented with chains and locks to suggest bondage, as may wide, heavy bracelets and collars. A recent development is the "ballet heel" that places the foot en pointe and requires considerable practice for walking. Similarly, a magickal fetish

exaggerates its source of power—whether a found or made talisman, and a religious fetish exaggerates its source of power—whether a blessed amulet or an icon that is an object of worship.

The sexual fetish may become an exciting element in sexual play, adding to arousal for both partners, or even as a "toy" during sexual intercourse. As such, a sexual fetish is a valuable addition to a couple's armory.

Orgasm & Astral Projection

We need clearly to establish that orgasm itself produces an altered state of consciousness, and that consciousness is—for that moment at least—in the astral. The feeling of bliss and connection to the universe is sometimes called "cosmic consciousness," although that phrase is otherwise used to express the goal of evolution, of meditation, and of spiritual attainment.

It is possible to grasp that moment of astral consciousness and extend it into astral travel, and sometimes for both partners to have that together.

Full-Body MALE Orgasm

To fully benefit from the relationship of orgasm to astral projection, we have to discuss one very important factor: Male Orgasm and Ejaculation are <u>not</u> necessarily the same thing.

For most men, ejaculation ends the matter. It is an orgasm and ejaculation experienced together, but with premature ejaculation the orgasm can be very minor and frustrating. With training and awareness directed to both experiences, they can be separated. Men can learn to have several full-body orgasms without ejaculating at all, and without the tiredness common to post-ejaculation. In contrast, a series of full-body orgasms can leave a man energized with continued erotic feelings. In addition, like an ordinary orgasm, multiple full-body orgasms release stress and muscular

tension, stimulate certain health hormones—but more so. We quote Tara writing in Donald Michael Kraig's Modern Sex Magick:

> Men (and happily, women) can divest themselves of the notion that ejaculation is the goal of sexual activity. Ejaculation is not the same as orgasm, and men need to learn how to have orgasms as least as much as women do … With practice, men can discover the total-body experience of heightened pleasure as a state of being. In this state, the trivial ejaculation is completely forgotten in favor of inestimably superior continuous and timeless ecstasy … the ecstasy of sustained, continuous orgasm is the vehicle of freedom for both men and women. Great rivers of power and incredible capacities and experiences are only a few of the treasures of sexual magick practitioners. Men must learn how to share the waves of ecstasy of their partners and become super-sensitive to their partner's subtle responses (that) can range from an electric tingle to the evocation of any thought forms or reality. The most accomplished sex magicians I have had the privilege to know can play me like a precious musical instrument with a mastery that awakens sleeping gods, opens portals to other worlds, and makes ancient occult potentialities active. My reverent acceptance of their mastery gives us both simultaneous access to vast, cosmic, transpersonal realms and radiant supra-human reservoirs of power and knowledge.

A further quote from Tara:

> In the final analysis of how sex magick actually works, all sensation is sensual at its core and all conscious, willed experience and perception is inherently sensual. That state where orgasm is a continuous ecstasy is neither localized in the sex organs nor the erogenous zones, but extends diffusely beyond boundaries of the body into the subtle realms of

imagination, emotion, and spirit.

For women, multiple orgasms are relatively common, but women too can learn how to have the more intense full-body orgasm, and both men and women can move from one series to relaxed shared bliss and then to another series of orgasms.

There are books available and various teachers—Tantric and Western—but no one necessarily needs more than self-study and awareness of their bodies and this potential. With that, you can teach yourselves.

Eroto-Comatose Lucidity

We owe this complex phrase and system to Aleister Crowley described in several of his books to consist mainly of one person being stimulated to multiple orgasms by one or more assistants using any means to the point of exhaustion and the falling into a trance state. Historian Allen Greenfield suggests an earlier origin of the technique, including the writings of Paschal Beverly Randolph who called it the "sleep of Sialam" in his 1873 book, Ravalette. The founder of the Theosophical Society, H. P. Blavatsky wrote about it in her 1877 Isis Unveiled, calling it the "Sleep of Siloam," a close enough similarity to suggest a common origin. Blavatsky wrote that it was a ritualistic deep sleep allowing the individual to commune with the gods, i.e. a state of astral consciousness.

Crowley and many other writers have described variations of the basic system. In almost all of these earlier descriptions, it was the man who was "serviced" by one or more women. In certain systems, only oral sex was specified; in others every kind of stimulation is mentioned, including placing the man or woman in erotic bondage. Each orgasm was followed by further stimulation and orgasm for several hours until the person fell into an exhausted sleep.

Donald Michael Kraig writes about this in Modern Sex Magick

under the heading of “Kabbalistic Sex Magick Trance” as a practice between just two partners stimulating each other and says that it would often lead to oracular insights. In a later section he describes a full ritual of Eroto-Comatose Lucidity involving several people focusing on a single person to lead to a state between wakefulness and sleep in which divination and prophecy will manifest. He states that the ritual could last for many hours or even several days and that the participants other than the primary person may also engage in sexual activity among themselves to add to the overall flow of sexual energy.

A “trance state” generally places a person into an astral state. When performed as a ritual of Sex Magick there is always a goal in which the accumulating astral energy is directed toward either a divination or a specified magical task manifesting in the physical world.

Another variation leads to psychic vampirism. Here the sexual stimulation involves several people using only the mouth to sexually exhaust the individual while transferring the energy to themselves.

To add perspective to the system that largely was directed to the accomplishment of this state for men, we add a quotation by a another woman contributor to Kraig’s Modern Sex Magick, Linda Falorio, who is the creator of the Shadow Tarot and holds a Master’s degree in clinical psychology from the University of Miami, and is also a certified hypnotherapist. She writes:

> Sexual stimulation is important because it allows us to build a greater charge to power our magicks. Prolonged sexual stimulation alone, known as the technique of “eroto-comatose lucidity,” can bring one to the twilight borderland of consciousness on the threshold of dream dimensions wherein anything is possible. While the ordinary person merely loses

> consciousness of self, falling happily asleep, the sex magician rides the stream of orgasmic discharge into astral worlds, accessing creative realities where the power to will a thing is enough to make it so. Because it is difficult if not impossible to perform the technique of hyper-sexual stimulation upon oneself, it is best left to the helpful hands, tongues, and devices of a dedicated and selfless sex magick partner."

Sex Magick—Arousing & Deploying Astral Power

Donald Michael Kraig concisely defines sex magick in his book:

> … the goal of this book (is) to teach you how to take the incredible energies raised during sexual activity and make use of them for desired ends. Thus, sexual activity becomes not the goal, but merely part of the technique to achieve that goal."

He further lays the foundation of magick:

> … for anything to exist in the physical world it must first exist on the nonphysical spiritual plane most commonly called the astral plane … Whatever exists on the astral plane must eventually manifest on the physical."

Further definition is given by Tara, one of several women contributing to Modern Sex Magick. She titles her piece "Sex Magick" The Key to Personal Liberation:

> Why sex magick? One word expresses it: liberation. In the spiritualized sex act is release from the confines of ego, personality, time, and space. It completely transcends ordinary sex, even the ordinary experiences of what it means to be a human being—to be born, to mature, and to finally die. The realization of the greater existence beyond the self makes the specter of physical death entirely irrelevant, not to mention

the petty problems of day-to-day life."

I actively use sex magick to maintain my spirit and the condition of my energy. It permeates all aspects of my magical practices, lending a sensual vitality and youthfulness that will stay with me long after I have become an old woman."

Sex magick is not sex for procreation per se, but sex for self-exploration and, ultimately, cosmic exploration. It is sex as meditation—sex consciously set aside and differentiated from all mundane things. Elevated in importance, the arousal of the most primitive and primal source of sex energy becomes nothing short of the highest religious or mystical state of grace. The body/mind and its surroundings form one's very own temple or interdimensional time and space capsule—a magickal circle of power."

We have to approach the subject of sex magick from two directions: sexual technique and magickal purpose. It is not our intention to provide instruction on either of these, but rather to continue our discussion of astral powers and further show how sexual energy relates to astral power—and opportunity.

There are many instruction manuals on both sexual practices and sex magick working, and the variations of theory and practice are so extensive and broad as to preclude inclusion here. Modern culture recognizes the extreme importance of actually studying sexual techniques for both men and women for their individual health and for the health of their intimate relationships.

Sexual Technique

The essence of sexual technique is the full recognition that it involves two people coming together sexually for mutual enjoyment. In addition, in this book on astral power we have several times repeated the point that what goes up has to come

down. Actions on the physical plane are reproduced in some manner on the astral plane, and in turn lead to something that manifests on the physical plane.

What this means, of course, is that there is much more involved in sexual activity than just what is seen or felt physically. There is emotion as well, and emotion is the very substance of the astral plane. With this understanding it should be apparent that we need to develop greater awareness and accept a greater responsibility individually and collectively for actually "making love" rather than "having sex."

"Making Love" means that each person is devoted, in the particular way that gender establishes, to the pleasure, enjoyment, and happiness of the other person before, during, and after having sex. Of course making love and love itself involves a great deal more than the specific mechanics our respective genders establish. While each man and each woman is blessed with sex organs and erogenous areas that can be touched, kissed, rubbed, sucked, inserted or received, we need to learn our partner's individual sensitivities and preferences and use that knowledge for his or her greater pleasure, which is always a shared pleasure. That's one of the great beauties of a relationship: sharing is itself pleasure and meaning.

Interpersonal sexual behavior also must include factors of psychological comfort and can extend to the fulfillment of a person's fantasies and erotic conditioning.

Sex, and Romance

All of this may seem unduly and overly complex, and it is until the element of romance becomes a guiding feeling for both partners. Yes, what is romantic to one partner may be different than for the other, and we have learned that romance is, generally, more meaningful for a woman than a man. But, romance is also

something that is shared and with sharing it all comes together. What each gives to the other is complementary to their needs.

We refer back to the earlier quotation by Tara and repeat this portion:

> Men must learn how to share the waves of ecstasy of their partners and become super-sensitive to their partner's subtle responses (that) can range from an electric tingle to the evocation of any thought forms or reality. The most accomplished sex magicians I have had the privilege to know can play me like a precious musical instrument with a mastery that awakens sleeping gods, opens portals to other worlds, and makes ancient occult potentialities active. My reverent acceptance of their mastery gives us both simultaneous access to vast, cosmic, transpersonal realms and radiant supra-human reservoirs of power and knowledge.

It is romance that is reflected upward into the astral plane long before the particular energy of sex builds up astrally, but—in the absence, or along with, magickal purpose—it is romance, and the romantic actions, of two loving people that gives direction for that sexual energy. And that direction downward is to the benefit of their relationship, their health, their natural glory, which in turn raises their vibratory pattern. It is through vibration that body and psyche are enriched and empowered, and natural psychic powers activated.

What we do see in love and romantic sex is of both physical and astral benefits too numerous to list here. Basically, whatever we call "good" is included in those benefits. Physical actions are as necessary in romance as they are in sex, and too often in this modern world we have forgotten that important and enjoyable fact.

Magickal Purpose

We start our final discussion of magickal purpose by simply stating that orgasm always produces a Magical Childe. That is just another way of saying that there is always a physical manifestation that accompanies the powerful energies released and projected outward in sexual orgasm. That is the basis of sex magick. Beyond that there is one particular aspect of orgasm that is more often neglected than respected. To again quote Tara in Kraig's Modern Sex Magick:

> All bodily fluids from such unions are charged with the high energy of that union. The essence of these holy waters are as perfume, nectar, and holy sacrament. A child conceived in the midst of this union, whether a physical, intellectual or spiritual child, is imbued with awesome potential according to the intent and actions of the generatrix and her partner.

In ritual, these fluids—both the ejaculate and the natural fluids from the female partner—which may include menstrual blood—are collected and, in part or in total, either applied or consumed.

They may be applied to activate a talisman or other magical object with those fluids themselves charged with the intention embodied in the focused will held during orgasm. They may be massaged into a particular area of the body to transfer desired health or healing. And they may be directly sucked from the vagina and shared in a kiss, or they may be collected from the vagina and blended with wine, charged as a "Magical Eucharist," and shared among ritual participants.

Magickal Sex and Couple's Therapy

While therapy is generally instigated because of problems in a relationship, and usually takes the form of discourse with a trained and licensed therapist, therapy can also take the form of continuous awareness between two people.

In many situations, the problem arises from some frustration, sometimes consciously recognized but more often not. The most common factor is our failure to realize the depth and gender nature of sexual needs. And sexual needs are not at all limited to biological expression. Once again we look to a selection of quotations from Tara:

> I rely heavily on the concept of my inner male, or Jung's animus, in sex magick. All women have an image in their minds or a checklist of desired traits in a man. This desired other is made in the image of a woman's animus. The animus is the idealized mate, the perfect lover, and the object of affection, obsession, and worship. The more a woman can see her animus in the man she is with, the more powerful sexual experience will be for her (and consequently for him). A male partner should likewise see his anima in her. This creates a highly charged dynamic tension as all of these entities come together in a sacred ritual sexual act, consummated in the roar of simultaneous cosmic creation and annihilation.
>
> The ecstasy of union with one's animus and another's anima is the same as the ecstasy of union with the Divine Other. It is a union with God, the Higher Self, Cosmic Consciousness, Supreme Being, or whatever projection that allows a sexual magician to step outside her ordinary, mundane individuality into an exalted, sacred state that is quite literally beyond description.
>
> Ecstasy is as serious as the agony of death and it shakes a woman to her deepest roots and connections with an infinitude of heavens and hells.
>
> Whether or not she is aware, a woman is naturally attuned to sex on this level.

> One of the first (and most damaging) mistakes a sexual magick practitioner can make is to mistake her partner for her animus. This is why I believe that exploration of the animus should begin with self-pleasuring rituals. Accordingly, all sex toys should be honored and treated as ritual magickal objects within which the animus resides. They may be the most powerful magickal tools ever to reside in one's scared repertoire … The sex act and all peripheral aspects of it must be considered sacred … She learns how to handle and cultivate her animus with self-loving, thus having developed a rich and deep inner gift to share with her partner.
>
> Maturity in sex magick begins when the practitioner realizes she is responsible for the projection of her animus upon her partner and realizes he is only an earthly focus for her animus. She utilizes her imagination to enhance the projection to fantastic extremes and communicates directly with her animus. She allows it to take life, flesh out, change, communicate, and grow. The mundane personality and identity of her partner is obliterated as the animus emerges and she also is raised above and exalted beyond her earthly existence. The animus and anima of a woman and man together become the fornicating gods for whom nothing is impossible. They are the very principles of creation and manifestation of the universe and all beings in it.

Sexual frustration is by no means limited to women, but the reality is that the best therapist a man can have is a loving woman whose needs are gloriously fulfilled. In the past, it was common to believe a woman's frustrations would be transformed by motherhood, but while the biological connection is obvious (disregarding artificial insemination), the psychological and psychic factors are different.

Love is a "transformer," and sex is a "generator," and romance in its many dimensions is the "connector" between the two. When we look at all the pageantry of a story-book like wedding ceremony, we should perceive the extent and depth involved in the bonding of the marriage partners. It doesn't mean that a simple and basic marriage with or without a religious setting is not as good, or even better, than a royal wedding at Buckingham Palace but it does mean that the magick in a wedding ritual is potentially the most powerful "initiation" that these two individuals experience in this life.

Of course not all marriages, whether made in heaven or not, realize such potential. It is also true that an initiation is not a "graduation ceremony" but rather it is only a beginning to a new stage of a person's life. Respect the opportunity marriage provides, and consciously work to fulfill the potential for self-knowledge and growth that it offers. The source for all frustration comes when the "work at it" aspect is forgotten. The story-book ending of happiness forever after does not happen without effort, and the deeper our understanding of the essence of love, romance, and sex, and of our acceptance of the real nature of relationship, the more will our inner therapists bring health and happiness to their patients—to each other and to themselves.

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11
HIGHER ASTRAL POWERS & HIGHER SOURCES OF KNOWLEDGE

To Become More Than You Are <u>Requires</u> that You Realize You Are More Than You Think!

This is a very bold statement with many deep philosophical and psychological implications. It's easier to understand that you can grow, learn, and develop skills to become more than you are than it is to believe that you already may have more powers than you realize.

But, think about it. You have muscles that can be developed and trained so that you can become much stronger and could become a good or even expert tennis player, top swimmer, circus performer, baseball player, mountain climber, and any number of things simply based on developing the muscles and reflexes you already have. Likewise, you have a mind that can be developed and trained to give you a powerful memory, logical and rational thinking, communication and mathematical skills, and more, so that you can become a lawyer, programmer, communicator, scientist, or any number of things based on developing the mind you already have.

We fail to realize the amazing developments made by a baby as he or she learns to walk and talk, as a child learns controlled movements and controlled emotions, as basic language and math skills are acquired in school, and so on. From birth to ten or twelve years of age we make remarkable progress. Why stop?

Puberty brings hormones that divert our interests; our social system fails to motivate ambition; our educational system in many instances accepts poor performance in students and teachers; and dozens of other factors actually work to deprive a young adult of what he or she could become.

Even worse, we fail to realize that many of the most important functions of the brain do not mature until an adult reaches the mid-twenties so that half to two-thirds of that potential is left undeveloped, uneducated, and untrained. The result is that we have emotional and mental children in adult bodies who exhibit violent behavior, lack of judgment, misplaced values, persons who are easily victimized by political and religious leaders, greedy merchants and bankers, and other real crimes against humanity.

But the mind and body are still intact, you need not accept a victim's fate—you are more than you think you are, but it takes motivation, time, and effort to turn potential into reality.

Astral Powers

We've been focusing on your psychic powers. As we've already explored, you can learn to project your consciousness seemingly beyond the limitations of the physical body—in fact you do it naturally in your sleep every night. When the physical body sleeps, you move into the astral world but without specific effort your mind is not awake in the astral world and your astral vehicle merely hovers above the sleeping physical body.

As you've seen (chapter one, chart of the Seven Bodies and Seven Planes), you have these multiple bodies or vehicles—each with special attributes and capabilities. If you've progressed with the programs offered in the preceding chapters, you've had some experience in astral projection. What you don't have as yet is the ability to fully command the greater astral powers that will give you real control over the physical body and, more importantly,

your physical world.

Because, for most of us, consciousness remains centered in the physical body we've come to accept our experience of the physical dimension as the only true reality and any inner experiences as a kind of addendum to the physical world.

The truth is exactly the opposite. It is the physical world that is an addendum to the inner worlds. The physical plane is simply the tail end of a process—but one in which our ignorance of the true inner nature of the WHOLE universe has allowed the physical world to be largely shaped by our own hypnotically conditioned perceptions. We have created the world of our physical experience by the strength of our own physical senses. The physical world doesn't exist as we perceive it, but you can't realize that until you can look back from a higher plane. As with all things, that higher perspective brings greater understanding and empowers our ability to make changes in the lower plane.

Through the long eons of human life, we have slowly created our physical reality based on limited sensory perception—like blind men trying to understand an ele-
phant—hypnotically enforcing and reenforcing a flawed collective world view. As a single person, accepting this truth, you cannot overcome the power of the consensus view. One against the many makes a helpless cause.

Or does it?

The Higher Reality

There are two vital principles:

1. <u>The First:</u> Every physical action is duplicated on the higher planes, according to the nature of those planes.

2. <u>The Second:</u> The higher, or inner, controls the lower, or outer, meaning that you can apply "leverage" at the higher level to shape the reality of the lower level <u>once you are able to function</u>

consciously at the higher level.

They almost seem to contradict each other, but with understanding, that's how we can bring about change to our personal reality. What you—nearly all of us—have done with our unthinking physical actions based on flawed physical world beliefs—is to create a matrix on the inner planes that builds our physical world based on an accumulation of unsophisticated ancestral beliefs.

But, we have the power to create new realities based on more complete knowledge and understanding, take them into the inner planes, and then from that higher position they can bring about change in the lower.

Easier Said than Done!

That's absolutely true. It's like that statement that you can become a great athlete, or a brilliant scientist. The harsh reality is that to do these things requires training and exercise. You have to actually become very strong in certain skills and then learn to use them in proper ways that you, yourself, must largely self-discover. That's the nature of real personal growth.

And, we have to warn you that you will have to adopt a program of lengthy work and discipline. At the same time, you can do it without giving anything up. You don't have to change your diet, live in an ashram, take a vow of silence, give up sex, leave your family, or change your job. But you should expect to devote approximately an hour nearly every day for several months to build and train the muscles needed.

There's nothing weird about it, but fewer people knowing about it will allow you greater freedom to pursue the program. You will need uninterrupted time, a space temporarily off-limits to others, and a schedule that is respected by those close to you.

In addition to your muscle-building program, you should study

certain books and you will benefit by certain practices of self-discovery.

Your Inner Muscles

Simply put, you must develop your memory and your ability to visualize. Of course, you already have a memory, and you already can visualize—but the big difference is that you have to train each of these to a higher degree of perfection, and then you must be able to take them with your center of consciousness "up" to the inner planes, and back "down" to the physical. Memory is actually a physical brain attribute, just like computer storage.

We are going to give you a very detailed program of memorization and of visualization, and combine them in a few simple exercises that some call rituals. Don't let that word either scare you or give you any preconceived ideas. These exercises will give you actual concrete, powerful, life-transforming skills that in turn will provide you with astral powers beyond anything you've ever experienced.

Real Astral Powers

Because we are outlining a substantial work program it is really necessary to provide you with understanding of the benefits you will achieve so that you are strongly motivated to do the work. It will be up to you to set your own pace and establish your own goals. No one is looking over your shoulder to offer encouragement or criticism or helpful suggestions.

The truth is that all programs of self-help, self-discovery, and self-improvement—and ultimately—of psychic and self-empowerment are functions of self-responsibility. The word "self" means exactly that—it's all up to you! Yes, the Universe (God, the Source, your own soul and highest self) want you to succeed—that's what it's all about—and your actions may call forth occasional helps from inner guides, but don't count on it!

In doing this extensive inner work, you are creating a new you. Some call it being born again, but that's a misnomer. Rather it is the completion of who you potentially are—the becoming more than you are to fulfill your personal potentials to become a whole person. You lose nothing but gain everything. You are the same person born to your mother but you, yourself, are making yourself whole.

Understand that what you create in your imagination, and strengthen and empower on the inner planes, can be brought into physical plane manifestation. Of course, we're not talking about wild fantasies and childish wishes—although you must be careful about what you do fantasize and wish for because you will gain in power in response to the real amount of work you do. You do not want to create monsters in your closet!

Any misuse and abuse of this power will bring repercussions on you more than equal to the harm you may cause others. Your self-responsibility will be ethically challenged beyond anything you can imagine. Proceed with caution—but it is your destiny to grow, and self-empowerment brings self-responsibility. Your consciousness must expand to comprehend the full range of consequences to your actions.

Let us also clarify that the work of preparation, the building of your memory and visualization muscles and reflexes, and the training of your imagination, is followed by the joy of fulfillment. The activities you really enjoy will lead to such success that work is no burden but true enjoyment in your chosen endeavors. Your work will become entrepreneurial. Every job will become your personal road to success. Your recreation activities will be more accomplished. Your study and development programs will be more successful and satisfying. Your family life will be happier.

Let us begin.

The Astral Powers Basic Training Program

The exercise and training program that follows can benefit every procedure and program described throughout this book. One could logically argue for its placement elsewhere—perhaps at the beginning or the ending of the book, or even as a special appendix—but placing it here, more or less in the middle, has certain advantages. With the work you've already done, and the astral experiences you've had, you are in a good position to see how to see the benefits that the training program will provide.

Exercises & Training of Memory and Visualization

The first exercise combines both memorization and visualization, and applies them to a special technique that may actually take you out-of-body. However, it is particularly of value in training the etheric body, or double. It was developed more than sixty years ago by an occult genius, Edward C. Peach, writing under the pseudonym of "Ophiel," who made his own discoveries and invented methods for their application.

Etheric Training

Ophiel called it "The Little System" as one method of astral projection, but recognized that it was mainly a training and development program for the Etheric Double, and that the etheric double can be projected (at least for short distances) and can otherwise carry out particular psychic functions like PK, the ejection of ectoplasm in séance phenomena, certain forms of clairvoyance, and is the primary agent in energy healing. More importantly, the etheric is your gateway to the astral and higher planes.

We prefer to identify it as "etheric training," but want to recognize the pioneering work of Edward Peach done at a time when there was nothing new in occult and paranormal study. He

was unaccepting of esoteric teachings that offered no practical benefit and demonstrable results, making claims based on unverifiable ancient and distant sources, and vague promises that when the student is ready, the teacher will appear.

The reality is that you are the teacher, and books enable your learning.

The basic requirement for success in almost any endeavor is that you must have control over your senses at all times. Essentially this involves both your emotions and your sensory focus. We can say that you must be objective even though you are working at a subjective level.

What Are the Hazards?

- Boredom leading to fantasy and day-dreaming with the possible resultant formation of negative thought forms
- Failure to focus on the specific details that we will describe
- Abandonment of the program before full accomplishment

What Is the Specific Benefit?

- Becoming aware of the nature of the etheric double
- Understanding how actions of the etheric double will give direction to the astral body
- Understanding that work on the etheric level will influence both the physical and astral planes

Many people are unfamiliar with the etheric body or double but the etheric is as real and permanent as the physical body. The astral body is not permanent in the same sense but is formed out of astral substance when needed. It remains real but not in the same sense as physical reality. This is a distinction that will become more important as we engage in higher inner plane work.

THE ETHERIC TRAINING MEMORY STATIONS PROCEDURE

Introduction. System, memorization, and visualization are key

factors in all training for success, no matter what the goal may be.

Step One: The Route**.** Starting from your sleeping area, plan a route in your home and memorize it from your act of getting up from bed, slowly walking to the end destination, and then slowly returning to lie down in your bed. The route should be long enough so that you can establish six distinctive "Memory Stations," preferably each out of sight from the next. You should actually draw a map of the route with the six stations indicated and described. Review that map at both the beginning and ending of the exercise described below.

Step Two: Observation of Details. Carefully study each memory station in turn for at least ten minutes each for ten days. The more distinct the characteristics of each memory station, the better. For that reason it will be helpful for you to place a differently colored object at each station. You can strengthen the sensual references by adding a distinct odor at each station—such as vanilla, chocolate, anise, peppermint, lemon, cinnamon, etc. If you can, secure a pitch pipe or other instrument, and memory-record a distinctive sound at each station to recall each time you return to the station. Add something with a distinct feel—like pieces of felt, silk, leather, wool, glass, a sponge—and perhaps even something you can taste that is different at each station. Involving all your senses makes memorization easier and richer.

Step Three: Awareness Extension. Look at each memory station, smell, listen, feel, taste. And realize that you are looking not only with your physical eyes, but also your etheric and astral eyes. Likewise you are listening with your physical, etheric and astral "ears," and so on. As an extension of this part of the exercise, try dreaming about each station, one at a time on successive nights.

Step Four: Visualization. At each station, close your eyes and visualize every detail while consciously experiencing it all with

your other senses.

Step Five: Reversal. Do dry runs over the route, stopping at each station to exercise your senses, and then turn around and do it all in reverse. See the entire route both going and returning, including the look and feel of the floor under your bare feet, the colors of the walls, passages through doorways, past windows or pictures on the walls, down and up any steps, and so on.

Step Six: Check and Verify. Next, test yourself by closing your eyes and walking the route from start to finish entirely in your memory, visualizing and sensing everything at the memory stations. Check and verify until you do it perfectly, without error. Make sure to take the same length of time for your memory trips as required for your "awake" trip.

Step Seven: Astral Walking. Do this action for several weeks, and then augment it by imagining, seeing, and feeling yourself getting up from bed or chair and walking the route, always from start to finish and back in your bed. When you fully <u>feel</u> that it is you making these trips, not an image, then attempt to transfer your consciousness to that etheric image of yourself.

> Endeavor to realize that the image is of your etheric double and you are seeing it with the eyes of your astral body, i.e. the body above the etheric double. Hold your consciousness in the etheric double and see it perform all the actions with the etheric counterparts of your physical arms and legs. At some point, you will feel your two bodies merge and you will be conscious of both the etheric double and the physical body at the same time. When you return to the starting point, be sure to transfer your consciousness back to your physical body. Always do these actions with awareness and completion. As long as you are incarnate in your physical body it is your home.

Step Eight: Dream Walking. As a final exercise, try to fall asleep while seeing yourself get up and walk the memory path. It should turn into a dream, and you should realize you are dreaming and then move on into astral consciousness.

Summary of Purpose and User Benefits: Through memory and visualization, you are integrating you physical, etheric, and astral faculties. By dreaming the same exercise, you are doing a controlled (and verifiable) astral trip.

Check and Verify. This phrase was made famous by U.S. President Ronald Reagan in Cold War negotiations with Soviet Prime Minister Mikhail Gorbachev, but it is a vital part of your astral training. Astral consciousness includes the faculties of imagination and dreaming and untrained they lead to fantasy and even delusion. Magicians have various methods to verify their astral visions, but we start with this simple program: remember and record your dream, and compare with the physical experience.

The Importance of the Etheric

We started our astral basic training with the etheric to get control over the physical plane. The etheric double can be affected by mental thoughts and strong emotions. You cannot take advantage of one plane until you have gained power in the plane above it. Each plane is positive to the one below it and negative or receptive to the one above it.

We've already established that the etheric is the bridge between the physical and higher planes. An important factor to understand is that repeated exercises and preparations establish pathways or channels in the etheric substance which can connect physical to astral, and vice versa. All matter on the etheric and lower astral planes appear to be moving or flowing. These are actual energy currents that convey lunar and planetary factors to the physical body and plane.

While there are many planes and sub-planes, there are only three planes of importance to our consciousness transfer work: the etheric, then the lower astral and the higher astral so long as we are incarnate. The astral is not truly divided but as we move upward forms change into forces. Above the astral, forms cease entirely and there are no real vehicles in which we can function in the manner we are used to—except for the specialized construction of thought forms which we will discuss later.

The body and plane above the etheric is the astral. The astral plane is more important to us because it has much wider applications to the physical universe than does the etheric plane or the mental plane above it. Physical manifestation starts on the astral (or higher) and descends downward drawing energy and substance from the etheric.

The Astral "Matrix" Of The Physical Body

A special note about healing and rejuvenation: the astral provides a matrix for the formation of the physical body that changes very little during incarnation. Understood correctly, the astral matrix can restore health and even youth. To benefit in the physical world you have to act on the etheric/astral.

The lower astral plane merges with the etheric below it and the higher astral plane merges with the mental above it. The forms near the bottom of the astral partake of the nature of the etheric. On the higher astral there are practically no forms at all but colors take over as the astral blends into the mental plane—which is all colors and no forms. The astral plane is one of gradual change from lower to higher.

The etheric plane is more personal and gaining control and understanding of the etheric double gives us more control over the physical. At the same time, because of the ability to form channels, it provides a means for controlled and continuous interaction

between the astral and physical levels.

Memory: The Importance & Problems

We need to discuss the importance of and the problems with memory.

Memory is the foundation of the conscious mind, and what we don't remember slides into the subconscious mind where it not only remains available for recall but can act either for or against our best interests. Any experience loses its value if we cannot remember it.

In the case of our dreams and astral projections we ordinarily fail to remember because the bulk of our consciousness is in the physical body and it remains there unless you consciously transfer it elsewhere.

We must remember astral experiences, and this becomes enabled by the etheric work we've been doing since memory is primarily physical. We have to learn how to transfer astral experience to the physical brain.

The Importance of Critical Observation

We don't remember our dreams because we fail to apply what we can call "critical
observation" to the dream details. By writing the details of a dream immediately on awakening, you begin to remember more. When you do observe the details you realize that dreams contain many illogical and even absurd details. It is this observation that "awakens" your mind to the point of remembering. As you recall dream, and astral, images, you use your imagination to move them to the physical brain.

Memory is facilitated by the quickness with which you transfer consciousness from one body to another. That's why we urge you to immediately record dreams in a diary and all astral experiences

in a journal. The acts of recall and physical writing fix memories at the physical level.

Life-Giving Sunlight & the Living Light of the Inner Planes

All the inner planes are characterized by the appearance of light—and the higher you go, the brighter the light. We capitalize this reference because inner plane light has different characteristics than ordinary physical plane light.

The light we know in the physical world—even when produced by electricity or fuels—has its origins in the sun. It is correctly said that this light is life giving. In contrast, the inner plane light is described as Living Light. When the phrase "Let there be Light" was used, the reference was to this living light that is the foundation of the cosmos itself. It is this living light that is the source of Spirit or Akasha, the element from which all the other elements are derived.

Advanced Astral Training Programs

The next step in our training is for you to produce a body of light that can be used as your vehicle of consciousness on the inner planes.

Unlike the basic training we adapted from Ophiel's "Little System," the body of light has a long history in all esoteric traditions and is described in religious terms as well as magical and shamanic. Nevertheless, it is not common knowledge and it does involve some very detailed and time-consuming study and practice. It's well worth your effort!

There are two basic preliminary exercises that are well-known rituals, long used in magical training. The first is called the Qabalistic Cross and is adapted from The Middle Pillar by Israel Regardie. See chapter notes for details.

Introduction. The living light of the inner planes is key to our development of forms for our particular functioning on the astral and higher planes. This exercise and those that follow function to awaken particular psychic centers and sensitivities before moving on to the full procedure to form your own body of light. The gestures are a variance of the ordinary Christian Cross, making use of the last few phrases of the Lord's Prayer. It is utilized in magical work because it is an ideal method of equilibrating the personality and raising the mind to the contemplation of higher things.

The words employed are Hebrew because the magical system evolved from the Qabalah. We're providing their meaning, but please only say the Hebrew. Rather than "speaking," you want to vibrate the words syllable by syllable, centering your voice at the back of the mouth and at a pitch slightly lower than normal, and feeling the sound projecting forth to the far reaches of the universe.

Here Is the Qabalistic Cross Exercise

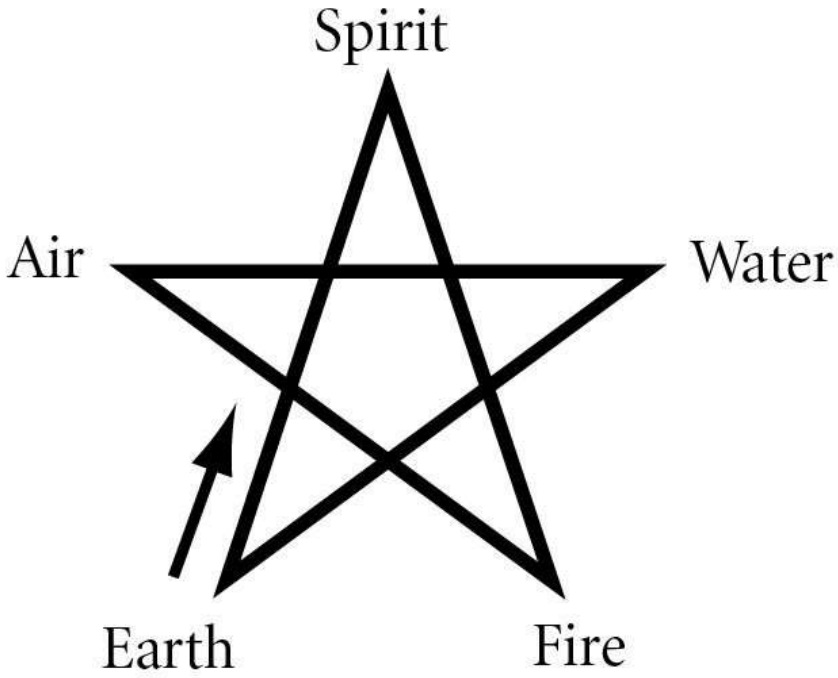
Stand in a comfortable position, feet together. Take a few breaths to make yourself relaxed and receptive. Using your right hand,

1. Touch the forehead, vibrate «ATOH» (meaning «Thou art»).
2. Bring the hand down and touch the breast, vibrate «MALKUTH» (meaning «the Kingdom»).
3. Touch the left shoulder, and vibrate «VE-GEDULAH» (meaning «and the Glory»).
4. Touch the right shoulder and vibrate «VE-GEVURAH» (meaning «and the Power»).
5. Clasping the fingers on the breast, vibrate «LE OLAHM AMEN» (meaning «forever, Amen»).

As an advanced step, you may visualize a line of light following the motion of your hand, forming a cross of living light before

your body like a protective shield.

Summary of Purpose and User Values: While there are various esoteric factors at work in this simple exercise, the primary function is to link the four psychic centers together in a protective (non-Christian) cross.



How to Draw a Pentagram.

THE MAGIC CIRCLE EXERCISE

Introduction. Most magicians draw, or "erect," a circle about themselves and their place of working. This is both a circle of protection and a container for psychic energies, and rather than a simple circle it is a miniature three-dimensional world, a sphere with the magician at the center.

Both of the tracings of the pentagrams and the circle should be visualized in Blue Flame—the model for which you can establish by placing a small amount of rubbing alcohol or brandy on heat resistant plate in a dark room, and igniting it. Memorize both the color and the wavering of the flame. This is the color often seen in etheric and séance phenomena. It is sometimes called "Electric

Blue" and visualizing it stimulates the throat chakra.

Here is The Exercise

Face East. Extend your right arm before you, and with your index finger trace a "banishing earth pentagram," a five-pointed star drawn in one continuous motion starting at left bottom point, up to the top point, down to the right bottom, up to the left, across to the right, and back down to connect at the bottom left starting point.

> Pull your hand partly back and then still using your extended index finger "stab" the pentagram in the center while vibrating YHVH (YOD-HEH-VAV-HEH).

Face South. With your arm and index finger still extended in front of you, turn to face South. Trace another pentagram just like the first, stab it, and vibrate ADNI (AH-DON-NAI).

Face West. In the same manner turn to face West, trace the pentagram, stab it, and vibrate AHIH (EH-HE-YEH).

Face North. Turning to the North, trace the pentagram, stab it, and vibrate AGLA (AH-GAL-LAH).

Face East. Rotate back to face the East, extend your arms out to the sides to form a cross, and say:

> Before me is Raphael; behind me is Gabriel; on my right is Michael; and on my left is Auriel. Before me flames the Pentagram and behind me shines the Six-rayed Star.

Repeat the Qabalistic Cross

1. Touch the forehead; vibrate "A-TOH" (meaning "Thou art").
2. Bring the hand down and touch the breast, vibrate «MAL-

KUTH» (meaning «the Kingdom»).

3. Touch the left shoulder, and vibrate «VE-GE-DUL-AH» (meaning «and the Glory»).

4. Touch the right shoulder and vibrate «VE-GE-VUR-AH» (meaning «and the Power»).

5. Clasping the fingers on the breast, vibrate «LE OLAHM AMEN» (meaning «forever, Amen»).

Relax and mentally close the circle.

Summary of Purpose and User Benefits: As previously mentioned, the Qabalistic Cross and Magic Circle exercises place the user in the center of a sphere that is both protective and a container of energy. It is also a container of magical (astral) consciousness, of awareness and intention within which magical rituals are performed to their completion without outside disturbance.

THE FOUR ELEMENTAL WINDS EXERCISE

Introduction. Once you have mastered these two exercises, and before closing with the second Qabalistic Cross, you will be standing in the middle of the circle. We are adding another exercise recommended by Ophiel in his "The Art and Practice of Astral Projection." This exercise helps to awaken and balance the elemental forces in your own persona. Once you are familiar with the imagery and the feelings invoked, you may choose to modify the imagery—but (1) keep it simple and (2) keep it archetypal and abstract.

Here Is the Exercise

Facing East. You are still facing the East from the Magic Circle Exercise. Vibrate EURUS (E-U-RUS), the name of the East Wind. Enlarge the blue flame pentagram. Visualize a scene through the pentagram of a beautiful dawn with pink and rosy clouds. The East

is the quarter of Air whose Archangel is Raphael. Feel AIR. Feel this Air wash over you and flow through you. Imagine and feel a soft and cool morning breeze coming from the dawn clouds and passing over you.

Facing South. After a few moments finish with the East and gently erase the image and feeling from your mind. Turn to face South. Vibrate NOTUS (NO-TUS), the name of the South Wind. The south is the quarter of Fire whose Archangel is Michael. Enlarge the blue flame pentagram and through it visualize a tropical scene. Visualize blue seas and white waves dashing upon rocky coral reefs with palm trees swaying in the warm breeze. Feel the gentle, warm almost hot, heat coming from this quarter. Feel it warm you through and through. Finish and erase from your mind.

Facing West. Turn and face the West. Vibrate ZEPHYRUS (ZE-PH-ER-US), the name of the West Wind. The West is the quarter of Water whose Archangel is Gabriel. Enlarge the blue flame pentagram. Visualize a waterfall with clouds of mist rising from it. The water-laden mist rising from the bottom of the falls is gently blowing toward you. Feel the misty wetness on your face and then feel it flowing into your consciousness.

Facing North. Now turn and face the North. Vibrate BOREAS (BOR-US), the name of the North Wind. The North is the quarter of the element of earth whose Archangel is Auriel. It is in the quarter of Earth and in Earth itself, that all the other forces end. Hence Earth is the great final storehouse of all things and forces. You will find in Earth all the physical things you desire and all the things that you need to make you happy.

> Enlarge the blue flame pentagram and see many immense fields of food crops feeding all the populations of Earth. See great fields of ripened corn, of wheat, barley, and other grains, of rice, and other food crops. See vast orchards of

trees loaded with fruits and nuts of all kinds. See the oceans and rivers with fish and other sea foods. Then visualize great herds of animals grazing on the green grasses. Everywhere there is peace, prosperity and plenty. Beyond these fertile lands stretch great forests of trees that furnish lumber for our homes. Beyond these forests rise mountains containing mines of metals that supply other of our needs. And on the tops of these mountains is ice and snow that gathers there and then melts and flows down to the plains through streams and rivers, to nourish and water the growing things below.

See, too, the many factories transforming natural resources into the goods that meet our needs and desires, see the laboratories where new technologies are created, see the ships, trucks, trains, and planes that transport the goods, see the many warehouses and stores that distribute the goods, and also see the hospital and doctors, and other services that make modern civilization possible.

Feel the bounty and great beauty of the Earth, feel the benefits of employment and wealth creation, feel the pleasures and happiness that life brings to all of the people, and feel, too, the role you play as a steward for all that is in the Earth plane.

Turn to the East and close the exercise with the Qabalistic Cross.

Remember that all the actions you do on the physical plane extend "up" and through the etheric, astral, mental, and causal planes—all at once—to become causes of physical world effects. These rituals primarily benefit you, but also affect conditions in the physical world—although mostly close to you.

Summary of Purpose a User Benefits: These quarters have no

relation to the usual ideas of air, fire, water, earth, but are concerned only with the qualities of them. Connecting to the qualities of the elements gives you a principal role in directing material forces from the inner planes. Once you have completed the exercise of building your Body of Light you will be able to place your consciousness in position to direct these forces in relation with your visualized programs.

CREATING THE BODY OF LIGHT PROCEDURE

Introduction. This is a tedious but very powerful procedure that builds upon the previous three exercises. Remember, these exercises have no religious or other sectarian associations—instead they are programs of particular actions that utilize established inner plane connections to ideas and energies that add power to your mental and physical actions.

First we have to develop a deep connection between you and your physical body. It may seem redundant at first, but as you proceed with the exercise you will realize how little you really know your own body.

Here's the procedure:

Outer Actions

• Look at your right hand, turn it both ways, and note carefully the appearance, the lines and marks, and movement and actions.

• Holding the hand up, palm facing you, bend the thumb over the palm and say "Thumb." Speak it aloud if at all possible, but if not say it silently and feel the meaning.

• Bend the first finger down over the thumb and say "First Finger."

• Bend the second finger down over the palm and say "Second Finger."

• Continue with the third finger and say "Third Finger."

• Then finish with the little finger, and say "Little Finger."

• Do these actions slowly and watch the movements carefully. Feel them.

• Now, reverse the process from little finger back to thumb. Do these actions with the same care and concentration as you did moving from thumb to little finger.

Repeat the complete exercise several times daily.

After a few weeks, expand the exercise to include the left hand in the same manner.

• Next extend the exercise to the right leg, and then the left leg. If you can do it bare-legged, look at the toes, and move them as much as you can. Then flex the foot, rotate the ankle, bend the knee. Speak the appropriate words with feeling.

• Sit in a chair, and bend forward and backward and sideways as far as you can and say appropriate words as you do.

• While sitting, slowly nod your head back and forth, and then rotate it in both directions. Speak the words.

• Stand up and raise your arms to form a cross, and then rotate your hands one way and then the other. Speak the words.

Inner Actions

After doing this exercise for a couple of weeks, sit or lie down, close your eyes and "see" an image of your inner hands (appearing as grey-white-transparent shadows) doing the same actions with your inner eyes as you do them physically. After a few days, extend the closed eye exercise to the feet and legs, and then step-by-step to the whole body. See these actions just as you would with the eyes open but in transparent shadow.

After some time, sitting or lying down, with your eyes closed, see your entire inner body before you and mentally command it to do all these actions while your physical body remains still. This is important. The inner body must do every action, taking the same

amount of time, as did your physical body. If you don't see this, then you must repeat the previous exercises until you do.

Summary of Purpose and User Benefits: While the ultimate value of all this work—the etheric training memory stations procedure, the qabalistic cross, magic circle, and four elemental winds exercises, and then the creating the body of light procedure —culminates in the next procedure, they have been immensely valuable in developing the inner resources of the physical/etheric complex and integrating that into the astral form. The net effect is truly summed up in the phrase "Mind over Body." You now have the ability to effect mind control over the physical and energy body for health and healing purposes.

TRANSFER OF CONSCIOUSNESS TO THE BODY OF LIGHT PROCEDURE

Introduction. This is the ultimate astral technology. Transferring consciousness to the Body of Light enables you to exercise astral powers often presumed to be mythic or possible only for high spiritual beings. And, to an extent that is true—but it is also true that you will now have the potential to become such a being. It's like suddenly finding that you have the physical body of a super athlete able to excel in most sports, able to defend yourself against attacks, and capable of heroic feats.

Yes, you still have a lot of work ahead of you, but you're now in the home stretch. With great power comes great responsibility. You will need to gain direct experience at the astral level to develop the ethical understanding that goes with such power. Be honest and humble and realize this is the true second birth.

Here Is the Procedure

Do the Qabalistic Cross Exercise with the physical body. Then sit in a chair facing east and visualize the body of light you have created standing in front of you, facing east. Command the body

of light to go through the Qabalistic Cross Exercise. Watch carefully to see that all the actions are correctly performed.

End the program by withdrawing the body of light back into yourself.

Repeat the complete ritual, first with the physical body, and then with the body of light many times.

Always withdraw the body of light back into yourself.

Your next step is to transfer your consciousness to the body of light. This is no small accomplishment! You must feel and know that you are conscious in the body of light, seeing with its eyes, moving its parts, etc. Then extend the exercise to include the magic circle with banishing pentagrams and finally the Four Elemental Winds.

You need to unite your consciousness with the consciousness of the body of light by transferring to that body your physical senses, and then functioning on the inner planes through those senses. Perform the Qabalistic Cross and Circle of Flames. Sit in the center of the circle, facing east. See the body of light in front of you also facing east. Visualize yourself moving across the intervening space and enter into the body of light. Then attempt to see about you.

At first, you will see on the etheric plane. After learning to see, learn to feel. What you see are etheric counterparts of physical things. Learn to feel those things (but do not attempt to feel living things). Then continue on to develop senses of tasting, smelling, and hearing.

With the completion of this program, you will be tempted to think of yourself as a "Master of the Universe." Don't! Don't give in to the temptation. Such hubris will isolate you from reality and wipe out all you've accomplished. You have the means for tremendous possibilities, of which the only limits are your own. That means that the dangers of abuse and self-destruction are even more enormous.

When you are not using the Body of Light, you must keep it inside your Aura by a conscious act of will.

Summary of Purpose & User Benefits: Your purpose is to create a body of light. This is more than a thought form, discussed in another chapter, but there are many similarities. But you also must transfer your consciousness to this body, and that is a considerable achievement with many ramifications. To some extent, you do this when dreaming, and even when daydreaming, but a complete transfer of consciousness under the direction of your will is mastery of the highest order. You now have a conscious vehicle with which to explore the nonmaterial universe.

You can also use the body of light as A Familiar, i.e. an extension of yourself on the inner planes, made of the material of those inner planes. It can be used as A Watcher and sent to any place to watch and record what is going on and then to report the information back to you. You can create A Guard in the form of an animal or other form and set it to guard something. If attacked, it will fight back as appropriate to its form. The body of light can be A Healing Agent—you identify the particular illness in the physical body and transfer it into the body of light, and then through your imagination you change the pictured illness into health. It can be used For Rejuvenation—transfer images back and forth between the imaged physical body and the body of light where you make the changes into the youth you had, or make it even better than when you were young. And you can use it as A God Image—imagine a particular mythical god and merge your body of light with the god force represented.

Perhaps the most interest possibility is to Merge with a Counterpart—all physical things have counterparts on the inner planes. Using your body of light, merge yourself with the counterpart and thus know it and control it. Think what it might

mean to merge with a super computer and understand how to increase its power and speed. The possibilities border on science fiction, and there may be no limits.

OBEs and the Higher Planes

Our physical environment as we know it is only one of many dimensions within a larger multidimensional system. Within that system is a dimension we call the spiritual. Tangible reality, including our biological existence in the physical universe, is a material manifestation of a higher, spiritual reality. Because we are in essence spiritual beings in both origin and destiny, it should not be surprising that we can access and interact with the spiritual domain, of which we are an integral part.

The empowering dynamics of the spiritual dimension involve two essential elements: (1) the intrinsically empowering design of that dimension and its multiple planes, and (2) the wealth of enlightening resources found within them, including teachers, guides, angels, and advanced discarnates. By simply tapping into higher planes, we can draw on their limitless potential to enlighten, inspire, and heal the mind, body, and spirit—resulting in an instant surge of growth and power. By personally interacting with higher plane entities, we can further enrich our lives with even greater power and new growth possibilities. To overlook the power potential of the higher planes is to dismiss the most critical source of personal empowerment available to us.

The out-of-body experience is an evolving technology enabling us to literally ascend to distant spiritual realities and directly interact with them and experience our spiritual being. We travel out-of-body to directly access the rich resources of the higher astral planes—opening doors to exciting new discoveries about ourselves and our existence, as well as the nature of the astral realm.

The astral dimension and the astral body are both spiritual counterparts of the physical, and yet, both transcend the laws of physics that rule the physical universe. Of greater importance is the fact that both are composed of permanent, indestructible forces in the cosmos. We are, in essence, spiritual beings connected to the larger cosmos, whose essence is also spiritual. When we enter the out-of-body state, we spontaneously engage the astral dimension, where we have ready access to higher astral planes. Through the out-of-body experience, we can become active participants in an exciting, interactive process of growth and discovery.

Several procedures have been specifically structured to generate astral probes and interactions. Some of these are designed simply to introduce us to higher astral planes, whereas others are structured to promote an energizing interaction with them. While these procedures differ, in both design and conceptualization, they share a common goal: personal empowerment and enlightenment.

The most advanced of these out-of-body procedures are specifically formulated to initiate interactions with specialized astral teachers and guides. These procedures can target a particular growth need, or they can focus on a wide range of practical issues, such as financial success, relationships, health needs, rejuvenation —or even sensuous pleasure. These applications, while essentially temporal, are important because they help us fulfill certain basic needs indirectly related to our spiritual evolution. It should be emphasized, however, that our interactions with the astral domain must eventually rise above temporal concerns and focus directly on our higher spiritual needs.

The higher planes offer an array of growth resources to meet an extensive range of developmental needs. Fortunately, in the astral realm, diversity and flexibility outweigh conformity and structure. Nevertheless, those with a strong need for structure in their lives often discover highly structured astral planes; while those who

value autonomy almost invariably experience astral planes in which they find complete freedom. Similarly, those with highly conservative values often find a corresponding astral plane; while individuals with highly liberal values tend to experience astral interactions that validate their value system. These features of astral planes, rather than diminishing the value of OBEs, reveal the nurturing nature of the astral dimension, and its capacity to adapt to our development level and our comfort needs. With repeated travel, however, we tend to progressively evolve toward more mature, enlightening astral interactions.

In many ways, the astral dimension is like the university system of higher education, with the various astral levels comparable to the various levels of the university curriculum. Like the university system, the astral dimension is both flexible and diverse. Discarnates, like university students, progress at their own pace from level to level in their pursuit of knowledge. They can specialize in certain major areas, and pursue a variety of elective enrichment experiences and can transfer to totally new programs or specialty areas. Like university students, discarnates share many experiences designed to equip them with essential basic skills and knowledge. And like the university system, the discarnate realm utilizes skilled specialists to guide learning and development. Like the university library, an archival system housing cosmic records is maintained in the discarnate realm. Finally, like the university system—whose resources are typically available to its students and to the wider community alike—the abundant resources of the astral dimension are offered, not only to discarnates, but to each of us through our out-of-body visits and interactions.

Our analysis of the OBEs of hundreds of research participants consistently revealed the positive nature of their higher-plane interactions. Our subjects, who were characteristically accompanied in their OBEs by ministering guides, reported no

negative encounters in their out-of-body travels to higher astral planes. Our participants concluded that the threats occasionally reported by out-of-body explorers are most probably of inner origin—or else, the result of inadequate preparation, or faulty out-of-body procedures.

According to the participants, there is no plausible reason or need for negativity in the higher astral realm. Their interactions with advanced entities consistently revealed that the negative forces found in our temporal reality have no functional role or purpose in the astral realm. The struggles and conflicts experienced by some discarnates, rather than originating in the astral realm, result from negative experiences or karmic baggage carried over from past lives. To quote one discarnate teacher, "Negative effects are counterpoised and absolved only by positive effects." We could conclude that the disproportionate negativity generated at the temporal level demands positive intervention at the astral level. Wherever we are in our personal evolution, we can each contribute to that intervention effort by generating positive energy and sending it forth into the universe.

Our participants found the structure of discarnate reality to be orderly, but far less rigid than they had earlier conceived. Rather than a clearly defined power hierarchy among astral planes or the entities within them, there is continuity and harmony, with each plane contributing to the larger evolving cosmic spiral. The concept of "higher versus lower" astral planes seems relevant only to certain evolutionary features within the greater cosmic spiral.

Out-of-body explorers typically describe the astral domain as a safe place of peace, love, and joy. They were characteristically autonomous and free of restrictions in their probes of astral realities. All planes were available to astral travelers and their ministering guides. Astral specialists or facilitators, who exist in all cosmic planes—and appear, in fact, to move freely among them—

were present to guide out-of-body travelers and accompany them from plane to plane. No resources within planes were withheld from the out-of-body explorer. Invariably, astral travelers viewed these out-of-body interactions as a preview of their own discarnate future.

Out-of-body accounts suggest that the astral planes offer significant differences in their particular specialties and purposes. The wide-ranging specialties include
adaptation, wholeness, enlightenment, discovery, learning, loving, and play—to list but a few. One out-of-body traveler known for his great sense of humor discovered a unique plane he called joyful laughter, which he believed to be among the most powerful planes in the cosmos.

In the astral domain, discarnates, angels, guides, facilitators, and teachers all seem to share a common commitment: continuous growth and spiritual actualization. That commitment is equally applicable to life on our planet. At a personal level, it leads to action and creative living. On a broader scale, it lifts global consciousness and makes the planet a better place for ourselves and future incarnates.

The discarnate state is the personification of our highest and best possibilities. out-of-body travelers typically describe discarnates as engaging, energetic beings who have assumed a wondrous intangible form while retaining easily recognizable but brightly transformed features. Through discarnate transformation, they reclaim at once the prime of their past lives and the peaks of their past achievements. They continue to pursue their dreams and highest hopes. Physical imperfections, including those associated with heredity, deprivation, injury, aging, and illness, take on a spiritual character and a flawless beauty.

Every out-of-body interaction with the spiritual dimension is potentially empowering. Even passive probes in which we simply

view the higher astral planes from a distance can energize and stimulate new growth. But by interfacing and interacting with them, we can draw more abundantly from their powerful resources. At a deep personal level, we can interact with advanced astral specialists, discarnates, and teachers, who willingly help us to discover our individual growth needs and ways of fulfilling them. Many out-of-body travelers experience deeply meaningful interactions with departed loved ones. Grief, guilt, and fear can be almost instantly resolved through astral interactions in the caring presence of benevolent guides.

As in past-life excursions, Out-of-body interactions involving higher astral planes often reveal the presence of animals on the other side. In one instance, a student was joyfully reunited with the horse that had been his companion throughout his childhood. Upon meeting, they immediately recognized each other. Riding bareback over cosmic terrain, he experienced anew his enduring love for the animal, who had been a childhood friend he would never forget. He noted, “The other side would be incomplete without animals.” All of us who have lost an animal friend can relate to his experience. When death comes to our cherished animals, it is comforting to know that they, too, will cross over to the other side. Among the major indices of our personal evolution is respect for animals and recognition of their dignity and worth. Our own future transition will be enriched by a beautiful reunion with significant others, including our departed animals.

Out-of-body accounts, while revealing strong similarities between the various astral planes, also indicate marked differences in their design and configuration. Always exquisitely structured, astral planes often appear as bright, three-dimensional regions, with wide variations in expansiveness, luminosity, and coloration. Certain planes appear as almost concrete realities, with such features as colorful gardens, pools, expansive terrain, and even

sculpted structures. Other planes appear in magical forms of smooth, flowing, and colorful energy. The fact that some planes are situated above other planes, however, does not suggest a hierarchy of power or influence.

In the discarnate realm, planes are seen primarily as energized growth environments. Each plane focuses its particular empowerment resources and growth facilitators on meeting the growth needs of discarnates. Discarnates, like out-of-body travelers, move freely among planes, depending on their preferences and growth needs. Ascending within planes and among them simply signifies progress toward enlightenment and spiritual actualization—the ultimate goal of our existence in the cosmos.

Colors of all the hues of the spectrum—including wave frequencies outside the range of normal human perception—characterize the astral dimension. Certain planes are multicolored, whereas others appear in shades of a particular color, such as violet, blue, yellow, orange, or green. These planes of color appear to be energized by an enormous central dimension of pure white light. Black does not exist in the higher astral realm.

OBEs involving higher astral planes, including interactions with advanced astral entities, reveal the significance of astral coloration as an index of the growth specialty of a particular astral plane. Multicolored planes typically focus on cosmic rudiments and comprehensive developmental needs. Vast in size and vibrating with activity, they provide a myriad of growth and learning experiences designed to empower their participants to overcome growth barriers and unleash their inner potential.

Unlike the multicolored planes, each astral plane of a given color focuses on a more specific goal. Violet planes facilitate spiritual actualization; yellow planes stimulate learning and cognitive development; blue planes promote balance and cosmic

harmony; green planes are valued for their healing powers; orange planes specialize in motivation and nurturance; red planes are associated with sharp cosmic intervention and redirection.

The empowering effects of higher plane interactions can typically be seen in the aura after the out-of-body experience. This energy field surrounding the physical body is the external manifestation of the inner life force. Some believe it represents the essence of our existence as an enduring energy system in the universe. Following out-of-body interactions with multicolored astral planes, the aura becomes more expansive, and takes on an array of colors with new clarity and brilliance.

Interacting with a plane of a specific color energizes the aura with that color and the benefits associated with it. The green plane energizes the aura with bright green, and empowers our energy system with rejuvenation and health benefits; the yellow plane energizes the aura with that color while increasing intellectual skills, improving memory, and accelerating the rate of learning. The yellow plane is very popular among college students skilled in out-of-body travel.

With even limited practice, almost anyone will experience the empowering effects of the multicolored planes, as well as the other empowering benefits associated with planes of other colors. OBEs involving more highly specialized planes, however, typically follow at least some experience with the multicolored planes.

Astral Outsourcing

One of the most effective strategies for accessing and interacting with higher planes is Astral Outsourcing. This interactive approach is a very practical, sensible procedure for exploring a highly relevant yet rarely experienced dimension of reality. Astral outsourcing involves a single objective: the acquisition of new growth resources through out-of-body interactions with higher

planes. Through this procedure, we can actively engage various astral planes and interact with evolving discarnates, as well as advanced astral entities, including angels, guides, teachers, and other specialized growth facilitators. Growth facilitators are loving, caring, and benevolent beings whose primary role is to offer loving support and inspire our full evolution.

The astral planes are readily available to all out-sourcing travelers who wish to enter them. Growth facilitators move freely in all cosmic planes and are always present to escort out-of-body travelers from plane to plane. No plane is off-limits, and no resource within planes is withheld from our outsourcing probes. Astral outsourcing is structured to initiate astral travel and gather the astral resources relevant to our present growth.

ASTRAL OUTSOURCING PROCEDURE

Introduction. The purpose of astral outsourcing is to acquire new growth resources through astral plane interactions, often with the aid of discarnates and astral intelligences and guides.

Here is the procedure:

Step 1. Outsourcing Preliminaries. Approximately one hour should be allowed for astral outsourcing, during which time there must be no distractions. The procedure is best done in a reclining position, with the legs uncrossed and the arms resting comfortably at the sides. To begin the procedure, specify your goals, relax your physical body using cognitive techniques such as body scan, deep breathing, and peaceful mental imagery. Once you're fully relaxed, begin repeating positive affirmations to facilitate travel and empowering interactions. For this procedure, saying the affirmations out loud seems to make them more effective. Examples of recommended affirmations are:

I am surrounded by peace and tranquility as I travel out-of-body to experience the highest realms of spiritual

reality. I am sheltered and protected by caring guides who are my constant companions throughout this experience. The limitless wisdom and power of the cosmos await my search and welcome my interaction.

Step 2. Outsourcing Induction. To induce the out-of-body state, close your eyes and visualize your physical body at rest. Take as much time as you need to form a clear image of your physical body, then visualize your astral double as a light form bearing consciousness, rising gently upward and away. Once you reach a full sense of separation from your physical body, mentally reaffirm your intent to explore distant astral realms and engage the presence of accompanying astral guides. Use imagery of distant planes and astral guides to reinforce your affirmations. At this point in the procedure, you will likely experience the unmistakable presence of astral guides, as they ascend with you toward the spiritual planes. Upon reaching the spiritual dimension, many travelers experience wonder at the breaking of the cosmic energy barrier and the awesome emergence of the astral realm. Entrance into that splendid realm is almost always accompanied by awareness of multiple colors and a magnificent infusion of cosmic energy, along with a sense of belonging and oneness with the universe.

Step 3. Multicolored Outsourcing. At this step, the infusion of cosmic energy continues, as you engage the multicolored astral plane. If you have practiced past-life excursion, or other regression procedures that explore life between lives, you will immediately recognize this familiar zone, in which teachers, guides, angels, and other ministering entities appear as warm, nurturing friends rather than cold, distant authorities. Telepathy is the common communication mode, and pure love characterizes every empowering interaction. Discarnates, some of whom are familiar, are typically present in indescribably beautiful surroundings.

The major resource of the multicolored plane is cosmic love, the essential element in our spiritual evolution. You can infuse yourself with pure cosmic love simply by lingering in this dimension and interacting with its growth facilitators. Cosmic love is the most powerful force in the universe. It empowers our entire being—mentally, physically, and spiritually—with positive energy and vitality. A full infusion of cosmic love provides the basic foundation for outsourcing the more highly specialized planes in the cosmos.

Although deeply personal interactions with discarnates can occur while outsourcing other planes, they often unfold at this level. Common examples are joyful reunions with the departed, including relatives, friends, and animals. These interactions are invariably empowering for all involved.

Step 4. Specialized Outsourcing. At this point, you can choose to conclude the outsourcing experience, and go directly to Step 5, or you can continue by tapping into the more specific resources of the other planes with Specialized Outsourcing. Numerous specialized planes, each characterized by a different color that signifies its empowerment specialty, are available for outsourcing.

The specialized planes most frequently experienced during out-sourcing are violet, blue, green, yellow, orange, and red. (The pure white energy realm is experienced by astral travelers only indirectly, as a distant source of energy and coloration for all planes.) Each plane has its own resources, growth frequencies, and specialized growth facilitators. Ministering guides pass freely among the various planes, and often escort out-of-body travelers from plane to plane. Visits among different planes can be spontaneous or by personal choice and collaboration with astral guides.

Outsourcing the Violet Plane

The violet astral planes, among the most brilliant in the cosmos, are associated with spiritual enlightenment and actualization. They are usually situated near the brilliant white light at the center of the celestial cosmos. Interactions with violet planes and their growth facilitators are both enlightening and inspiring. They can answer questions concerning the purpose of our lives and the meaning of our existence—past, present, and future. They can connect us to the highest power force in the cosmos. They can balance our lives and bring us into a state of oneness with all that exists. Temporal dilemmas and anxieties all succumb to empowering interactions with this unique plane. Hopelessness and despair are replaced by faith and inner peace.

Typically, the violet planes are vividly evident to the astral traveler. Rather than flat and fixed, they usually appear in a vibrant, orb-like form, without clearly defined borders. The central regions of the plane are intensely violet, whereas the outer edges fade into pale, pastel shades. Violet planes are usually in close proximity to multi-colored planes, with their outer edges often merging, to facilitate easy passage.

To negotiate the violet plane, focus your attention on the plane and affirm your desire to experience its empowering resources. Once affirmed, your desire is spontaneously communicated to ministering guides, who will in turn accompany you, usually hand-in-hand, to that plane.

Upon entering the violet plane, you will find yourself suddenly bathed in a violet radiance. But your attention, rather than remaining focused on surrounding conditions, will invariably shift to the wondrous enlightenment and energizing power that permeates your total being. Once in the violet plane, your empowerment needs are usually known even before you express them. Insight, answers, and solutions spring forth effortlessly. The surge of enlightenment at this stage often lifts our awareness to

levels never experienced before. Along with enlightenment, total love—for self and others—tends to flow freely. Outsourcing from this plane will dissolve all hostility, revenge, ill will, and hatred.

Throughout the intricate corridors of the violet plane we find angels, guides, discarnates, and other astral travelers, all bathed in violet radiance. They are all participants and partakers in the powerful inspiration and enlightenment freely flowing throughout this plane. "Lost in bliss" is the term often used by astral travelers to describe the unparalleled effect of the violet plane. Understandably, out-of-body
visitors to this plane are often reluctant to leave it.

Outsourcing the Blue Plane

Blue planes, numerous in the cosmos, are valued for their balancing and attuning qualities. The blue plane is universally attracting, and many travelers are inexorably drawn to it. You can voluntarily enter the blue plane simply by focusing on the plane and communicating your intent to the ministering guides who are always present as helpers during outsourcing. Travelers who need balance and harmony in their lives will particularly benefit from interactions with this plane.

Upon entering this plane, we experience an instant, magnificent infusion of peace. Anxiety, insecurity, isolation, and rejection are all replaced by vibrations of harmony and well-being. The stresses of everyday life—problem relationships, job pressures, financial difficulties—suddenly seem manageable, rather than overwhelming.

Accompanied by outsourcing guides, you may choose to negotiate the deep interiors of this plane—where its energies reverberate in a beautiful symphony of power. By lingering in that region of blue light, you will discover the ultimate balancing and attuning effects of this tranquil plane.

Through your interactions with this plane, you can discover the growth side of adversity and your power to release whatever you no longer need. You will find that your weaknesses are easily balanced by your strengths, once you become aware of them. You will discover your ability to give and receive love gladly. Once attuned to your inner feelings and callings, you will experience a wondrous and constant connection to this remarkable plane, and you will probably find yourself visiting it time and time again.

Outsourcing the Green Plane

Astral planes of green are known primarily for their mental, spiritual, and physical healing powers. The astral body, when bathed in the energies of this plane, becomes revitalized and empowered to transport healing energy to the physical body at rest in its distant physical setting. The result can be a powerful infusion of mental, spiritual, and physical rejuvenation.

Illnesses that involve contributing psychological factors are especially responsive to this plane's healing energies. Although more research is needed to evaluate this plane's healing properties, exploratory studies suggest that recovery from even serious psychiatric disorders—such as depression, obsessive-compulsive disorder, and post-traumatic stress disorder—can be accelerated through astral interaction with this plane.

Outsourcing this plane has also shown promise in drug treatment programs—
alcohol dependency is particularly responsive to outsourcing the green plane.

Outsourcing this plane is often a spontaneous process guided by our health needs. This plane is expansive and highly visible, radiating power and glowing in verdant splendor. Its prominence and attraction command our attention, with the degree of its appeal being the best gauge of our need for its resources. Since we are not

always aware of our specific health needs—whether mental, physical, or spiritual—attentiveness to the green plane and responsiveness to its appeal can be critical to our growth and wellbeing.

To negotiate the green plane, focus your awareness on its gravitation-like force and give yourself permission to be drawn further into its force field. Entry into this plane is usually gradual, with progressive infusions of vitality and rejuvenation. Upon fully engaging this plane, most travelers experience a peak infusion of healing warmth—which can be deliberately transported, by simple intent, to the physical body.

Spiritual renewal almost always accompanies outsourcing this plane. Profound spiritual transformations, with important changes in deep-seated belief systems are not unusual. Refreshing new insights and increased awareness of the spiritual dimension and the presence of ministering angels in daily life often follow a single interaction with this plane. Feelings of worthlessness, inferiority, and despair give way to self-esteem, optimism, faith, and love—all of which are renewed with each visit to this healing plane. Its abundant resources are available to all who enter it—discarnates and outsourcing incarnates alike.

Outsourcing the Yellow Plane

Planes of yellow are important to our personal empowerment because of their capacity to promote learning and intellectual growth. Maximizing the empowering effects of the yellow plane, however, usually requires a series of out-of-body travels that recognize the plane's unique characteristics and our capacity to interact with them. Over time, outsourcing this plane can literally raise our IQ.

The yellow plane often exists in proximity to the green plane, with the frequencies of the two planes merging to form an orange

plane between them. The fundamental skills acquired through formal education—such as language, computation, problem solving, and reasoning—are among the specialized resources of this plane.

The learning environment of this plane is flexible but orderly, with many learning
facilitators, skilled specialists, and structured learning activities. Instruction, individually and in groups, is always geared to the developmental level of the learner. Instructional goals are clearly defined, and the learning activities are outcome-based. The highly personalized teaching methods emphasize the exchange of knowledge and meaningful interaction, in which everyone—instructor, growth facilitator,
resource specialist, and student—participates and learns.

Astral roles in this plane are flexible and adaptable. Students often come forth as facilitators to guide the learning of others, and resource specialists often become students, to learn from other students in an ongoing learning interaction. Diversity, not conformity, is celebrated, and many sources of knowledge are recognized. The cardinal rule of this plane, simply stated, is: Ultimate truth must arise from within.

The major goal of instruction is to attune the learner to the master teacher within.

Outsourcing the Orange Plane

Motivation and nurturance are the specialty of the orange astral planes. Orange planes typically serve as easy passageways or gateways to other planes. Typically situated between yellow and green planes, they combine the frequencies of both to motivate learning and nurture healthful change.

Although few ministering entities or growth facilitators are found in orange planes, interacting with this plane provides

excellent preparation for maximizing the benefits of other planes, particularly the enlightening resources offered by the yellow planes and the healing effects of the green planes. Orange planes are often valued for their relaxed atmosphere and comforting effects. Even brief excursions into the orange plane can promote learning-readiness and a general state of well-being. The benefits of outsourcing other specialized planes are spontaneously nurtured through experiencing the energies of the orange plane.

Outsourcing the Red Plane

The red plane is one of the most intensely powerful planes in the cosmos. This plane's primary functions are short-term intervention and fast-paced remediation, under the auspices of highly trained astral specialists. Discarnates who are spiritually underdeveloped, or who carry negative past-life baggage, can be instantly empowered by outsourcing and interacting with this plane. The red plane is also empowering to the inexperienced or somewhat unevolved out-of-body traveler.

Intense and often highly directed strategies, including cognitive reorganization, are among those used by the red plane's advanced teachers and facilitators. Group activities, some of which resemble conventional group therapy, along with one-on-one interactions, characterize many of this plane's activities. Spiritual empowerment and release of negative past-life baggage are emphasized through activities such as astral reversal and cognitive intervention under the guidance of highly skilled growth facilitators.

Astral Reversal

Astral reversal is often used as a rectification process, in which we personally experience the adverse effects of our past actions against others. Through astral reversal, we can develop a better understanding of our developmental needs and the consequences

of our actions. Perpetrators of violence, for instance, experience the full intensity of the consequences of their acts. Astral reversal, which can be a very lengthy process, is followed by cognitive intervention, in which all negative residues are expiated, and thwarted growth processes are unblocked. In contrast to astral reversal, cognitive intervention directly uncovers disempowering attitudes and self-defeating belief systems, while promoting positive change in cognitive functions.

Out-of-body travelers who enter the red plane usually experience a searching review of their lives, including fleeting glimpses of important past incarnations. Although astral outsourcing with this plane is brief, it can uncover critical growth blockages and identify effective ways of overcoming them.

Following interaction with the red plane, outsourcing the green plane to infuse the mind, body, and spirit with healing energy is recommended. Here is a 5th Step following the procedure given on pages 220 and 221.

Step 5. Outsourcing Return and Conclusion. Astral return to the biological body begins with the conscious intent to end outsourcing, followed by the simple affirmation: I am now ready to return to my physical body. Attention is then focused on the physical body at rest in its familiar environment, followed by awareness of accompanying guides and a gentle reentry. Physical sensations will signal the completion of full astral/biological re-engagement.

Astral outsourcing is concluded by a brief period of contemplation, followed by affirmations that highlight the empowering effects of the experience. Examples are:

> I am at my peak mentally, physically, and spiritually. I am aware of my potentials, and I am empowered to develop them. I am enveloped in peace and tranquility.

> My life is filled with love and joy. I believe in myself and the power within. I am attuned to the highest powers of the cosmos.

These concluding summary statements can be supplemented by globally relevant affirmations, such as:

> I am committed to helping others and making the planet a better place. I will use my resources to prevent human and animal suffering and abuse. I will work toward ending hunger and poverty wherever they are found in the world. I will help promote world peace.

Summary of Purpose and User Benefits: The purpose is targeted growth opportunities as specifically facilitated by the color planes. The user benefits are likewise specific as delineated by the plane's descriptions.

Outsourcing Applications

Astral outsourcing is applicable to a wide range of self-empowerment goals, from promoting wellness to accelerating learning, from rejuvenation to spiritual enlightenment. Outsourcing interactions with the green planes have been effective in alleviating chronic pain and promoting a state of general wellness. An engineer with a history of chronic back pain experienced a marked reduction in pain following a single outsourcing visitation to a green astral plane. In the series of daily visitations that followed, he underwent a procedure he called "green astral massage" in which specialized facilitators gently stroked his astral body to balance and revitalize his energy system. He steadily improved with each visit—and eventually, the pain that had plagued him for many years ended altogether.

The rejuvenating effects of the green planes have been repeatedly demonstrated through astral outsourcing, by both men and women. The visible effects of aging are immediately reduced

by outsourcing that seems to collect healthful energy and transfer it to the physical body. The visible wear-and-tear effects of stress on the physical body seem particularly vulnerable to outsourcing this plane. During outsourcing, enlightened astral specialists often focus on specific organ functions or biological systems, energizing and rejuvenating them with healthful vitality.

Negative mental states that can dominate our lives are also sensitive to the energies of the green astral plane. In the therapeutic setting, patients suffering from anxiety or depression rapidly improved when outsourcing this plane was introduced into their treatment programs. Suicidal ideations disappeared altogether, and a marked improvement in mood state was immediately evident.

A favorite outsourcing destination among college students is the yellow plane. Our studies revealed that both memory and learning rates of students enrolled in college-level courses rapidly accelerated when outsourcing the yellow plane was introduced. Mathematics, natural sciences, and languages seemed to be particularly amenable to this strategy. One student, a doctoral candidate with no background in the language, acquired a reading competency in French (one of the requirements for his degree) within six weeks. He attributed his remarkable achievement largely to outsourcing the yellow plane, a strategy he incorporated daily into his study program.

Equally as remarkable as the outsourcing results associated with the green and yellow planes, are the empowering effects of the blue plane. This plane is particularly relevant to life situations involving adversity or personal misfortune. For instance, the stress resulting from a broken relationship, the loss of a job, or the death of a family member or friend can disrupt our lives and deplete our coping resources. Under these conditions, outsourcing the blue plane can restore balance to our lives and attune us to cosmic sources of unlimited power.

The violet plane is a primary source of spiritual power. When our existence seems meaningless, or without direction, accessing the violet plane can give new hope and purpose to our lives. Persons who outsource this plane often describe the experience as a transformation of the spirit and a rebirth of the inner self. One subject, following his first interaction with this plane, exclaimed, "I will never be the same again." The abiding effect of outsourcing this plane is unconditional love for oneself and others. It is impossible to interact with this plane and not experience a greater love of life and new sense of meaning of one's existence.

In summary, out-of-body interactions with higher astral planes are a celebration of our existence and the abundance of life in the universe. As we travel among astral planes and dimensions, we experience the magnificence of our existence as a permanent force in the universe, and our intimate connection with all that exists in the cosmos. OBEs reveal the wonder of the astral realm with its many planes of varying designs and diverse manifestations. Through OBEs, we can discover that each of us, along with angels, spirit guides, discarnates, and all the other beings in the cosmos share a common goal—to develop our highest potential and to achieve our highest destiny.

RECOMMENDED READING

Dolores Ashcroft-Nowicki and J. H. Brennan, Magical Use of Thought Forms: A Proven System of Mental & Spiritual Empowerment (Llewellyn, 2001).

Ophiel, The Art and Practice of Astral Projection (Peach 1969).

Israel Regardie, with Chic Cicero and Sandra Tabatha Cicero, The Middle Pillar: The Balance Between Mind and Magic (Llewellyn, 1998).

[contents]

12
ASTRAL PROJECTION & THE AFTERLIFE

All the past is here, present to be tried.
—HENRY DAVID THOREAU, JOURNAL

THE ESSENTIAL NATURE OF OUR SOUL

At the epicenter of our existence is the indestructible essence of our being called the soul. Rather than something we possess, the soul is what we are and without which we would not exist. As the life force that sustains our being, it reaches from our endless past to the present and beyond. It is our point of contact to the highest sources of knowledge and power. It is endowed with the advanced skills of a creative teacher and master therapist. When attuned to the astral realm, it guides our growth and energizes us with the resources required to develop our highest potentials.

Astral Illumination

A major goal of astral projection is to increase our awareness and accelerate our growth through a process known as astral illumination. Astral illumination helps us understand the nature of our existence while empowering us to become more attuned, both within our own being and beyond. Aside from that, astral illumination challenges us to be the master of our lives and to shape our own destiny.

Astral illumination is a never-ending process of personal empowerment and self-discovery. Critical to that process is awareness of the three major categories of our past-life:

The Three Major Past-Life Categories:

1. Our existence before our first lifetime, commonly called our pre-existence
2. Our past lifetimes as incarnates
3. Our afterlife, including our in between lifetimes as discarnates

Invariably, the more we more we learn about our past-life experiences, the greater the challenge to use them in the present as important growth resources

Afterlife Actualization

In the discarnate or afterlife realm, the astral illumination process rapidly accelerates. We become progressively empowered to use our past-life experiences as critical growth resources to reach an advanced level of afterlife actualization. Afterlife actualization, rather than a fixed state, represents the dynamic progression of our development and our intimate, unseverable connectedness to the afterlife realm.

As discarnates, we are then ready either to return to this earth plane to gather more growth experiences or to ascend to higher afterlife levels and roles. Assisting in that transition process are a host of advanced afterlife luminaries and ministering entities. Not infrequently, certain highly advanced afterlife luminaries choose to return to this earth plane, not only to accelerate their own development, but also to promote the growth of others or to achieve altruistic goals of global significance. Many of the world's great leaders of the past are believed to have been afterlife luminaries who chose to return for the express purpose of bringing forth global change, typically of a highly humanitarian nature. Possibly among the world's greatest needs today are the contributions of advanced luminaries who are committed to making the world a better place for present and future generations.

Fortunately, afterlife actualization, while essential in afterlife, is not limited to our development in the afterlife realm. It is an

essential component of our present growth and enlightenment. Our development as souls in both the present and afterlife demands the raw materials of experience. The wider our background of experience, the greater our potential for continued growth. Almost always accompanying that actualization process is an increased commitment to promote the growth of others who share our journey on this planet.

Critical to our present and future growth are expanded awareness of our collective past-life history and the magnitude of our experience in three important dimensions—pre-incarnate, incarnate, and discarnate. Our pre-incarnate history, while often overlooked, is a critical record of our growth experiences prior to our first incarnate lifetime. Our incarnate history is the record of our past lifetimes as incarnates on Earth and, according to some, our possible existence on other planets as well. Our discarnate history is the record of our personal existence in the afterlife realm, both between past lifetimes and following our final incarnation. Together, these three dimensions form the endless scope of our personal existence as souls.

Our consciousness as evolving souls appears to exist on a continuum of awareness but with certain restraints always in place. For instance, many of our past experiences exist within the self as stored memories, but our efforts to retrieve them are often unsuccessful. In contrast, discarnate consciousness seems to exist on a continuum of attentiveness, in which we have on-demand access to our past experiences on a need-to-know premise. In the liberated discarnate state, everything can be everywhere all the time. That is to say, we can be wherever we need to be, and have command of whatever we need to know at the moment. Facilitating that unfolding phenomenon are the higher self and higher plane entities, including our ministering guides.

From the psychic empowerment perspective, our existence as

souls is a developmental process on an endless growth spiral. The concept of afterlife actualization emphasizes the indestructible nature of the individual as a conscious entity, while recognizing the wisdom, splendor, and eminence of higher astral planes. It provides a comprehensive structure for viewing the richness and fullness of our existence, including our many lifetimes and the critical afterlife intervals between them. Aside from its personal relevance, afterlife actualization has significance on a global scale. We are imperfect participants in an imperfect world. Individually and collectively, we have created the planet's problems, and the planet is now repaying us, with interest. We have carried into the present the baggage of our past on a global scale. Fortunately, the accumulated karmic debts amassed from our past lifetimes are offset in afterlife by the empowering potential of our past learning. Through awareness of our past, and recognition of the decline we have set into motion, we increase our capacity to intervene and reverse the downward spiral of personal and global disempowerment. Knowledge gained in past lifetimes, if retrieved, could be applied in today's world to enrich the quality of life on this planet and solve widespread problems, such as war, poverty, prejudice, and suffering—all of which impede our personal and global progress.

Urgent global conditions are not unique to contemporary life—each era seems to create its own crises. Fortunately, periods of crisis can often be foreseen and prevented, though they may require the intervention of reincarnated leaders from out of the past. Global advancement would thus be accelerated by the introduction of enlightened leaders and reformers specifically to promote global progress and bring humanitarian change to the world.

Reincarnation—the Great Leveler

Reincarnation, not death, is the great leveler of humankind, because it empowers each of us, lifetime-by-lifetime, to eventually realize our peak of development at our own growth rate. As individuals, our growth patterns vary. The person whose growth is rapid will gather in a given lifetime more growth experiences and make more quantum leaps than the person whose growth is slow or thwarted. Additional lifetimes can compensate for these differences. From the cross-cultural perspective, each culture offers growth options that differ significantly from those offered by other cultures, thus affecting the growth rates and opportunities available to its members. Lifetimes in other cultures can equalize these differences. Multicultural enlightenment thus becomes a critical component of our afterlife actualization as evolving souls.

Historically, lessons to be learned in one time period may not be available in another. Participating in many civilizations at different periods of history, therefore, could assure a greater accumulation of direct and varied experience. We can, of course, acquire knowledge of past civilizations through the study of historical records. But knowledge gained retrospectively of the past is an imperfect substitute for active participation and first-hand experience in the real world of unfolding events. Multiple lifetimes at different places and times dramatically increase our store of knowledge, as well as our appreciation of the past.

With today's information explosion and unprecedented technological advancements, reincarnation is increasingly relevant in our quest for knowledge and enlightenment. In today's internet age, we have access to more information than ever before, and we can access it more quickly. (The "downside" to downloading, however, is the problem of cyberspace junk and content credibility.) But even under state-of-the-art learning conditions, we could not, in a given lifetime, acquire the full knowledge or master the total skills associated with even a single field of study.

Successive lifetimes, while not ensuring mastery, would unquestionably increase our command of accumulated knowledge while promoting our spiritual actualization.

Reincarnation reflects the cumulative nature of our existence. From our pre-incarnation to the present and beyond, we are the product of all that we have experienced. Unfortunately, our life experiences are not always positive and empowering. We can, for instance, acquire prejudices or other negative traits that resist change, dominate our lives, and thwart our growth. Notwithstanding the growth resources we take with us to the other side and the opportunities offered there for our continued growth, we may require another incarnation to expiate guilt, overcome a destructive impulse, or correct a wrong. Only through incarnate experience can we eradicate some of the deep past-life imprints that resist change in the afterlife.

The familiar saying, "What goes around comes around," has at least limited application to reincarnation. Not infrequently, a life of misuse of power or reckless indulgence may require a follow-on lifetime of humanitarian service and commitment to human rights. Once negative baggage is accumulated in a past life, another incarnate experience is often the best teacher, and in some instances, it seems to be the only alternative.

Along a more positive line, each lifetime is often characterized by an underlying continuity of positive growth and change. More than one lifetime may be required to complete an important task, or to fulfill a dream. Many lives are cut short by accident or early death, leaving behind a void of interrupted relationships and strivings. Reincarnation opens the door for us to resume progress and renew relationships, often with even greater fulfillment.

Case Study: Reincarnation—A Life Cut Short Reborn as His Own Grandson. This was strikingly illustrated by a psychiatrist who lost his father in a traffic accident. With the later birth of his

son, the psychiatrist almost immediately noticed traits of his father —subtle gestures, a familiar smile, a certain look, and later, certain verbal expressions that had been unique to his father. It became increasingly clear to him that his son was, in fact, the reincarnation of his father. The renewed bond with his father, now his son, was validated by past-life regression that uncovered not only a long history of past lives together, but also a spirit guide who had remained with both over several lifetimes, a phenomenon that is frequently evident in successive lives characterized by strong bonds.

In our reincarnation studies, many of our subjects discovered that they had returned again and again to renew their temporal bonds with another person, thereby developing together as soul mates and pursuing their common goals. Typical of these soul mate relationships was a spontaneous, mutual awareness of their past life as well as afterlife experiences together.

Although soul mates typically contribute to the evolution of each other, they can also limit the capacity of each to pursue other roles and relationships. That's the paradox of soul-mate relationships. Our analyses of soul-mate relationships occasionally revealed subtle approach-avoidance conflicts, in which the need to maintain the relationship conflicted with the need to establish other close relationships, particularly when the soul-mate relationship was romantic in nature. Our studies found that personal insight into the nature of soul-mate roles and relationships increases the spontaneity of the relationship while liberating each partner to pursue other goals and fulfill other growth needs.

The goals of reincarnation are always progressive. Many reincarnations seem to be specifically structured to redirect our growth and flex our adaptive muscles by initiating totally new roles and relationships in unfamiliar settings. Reincarnation cuts across all cultures and socioeconomic strata. Reincarnation often modifies

biases learned in one lifetime by introducing the appropriate counter-conditions in another lifetime. For example, a person's prejudice toward a particular socioeconomic or sub-cultural group can be effectively extinguished by a future lifetime as a member of that group. On a broader scale, several lifetimes in markedly different cultures can make us more tolerant of the vast differences found among cultures on our planet. The results are raised global consciousness and freedom from the karmic baggage that so often impedes our progress.

Reincarnation Reversal

Elitism, ageism, sexism, and prejudice are all learned patterns of behavior that resist change, even in afterlife. Nevertheless, these disempowering patterns eventually yield to afterlife intervention as well as to reincarnation reversals that expose their destructive nature. In reincarnation reversal, a past-life role or behavioral pattern is reversed in a later life. A common example is seen in gender reversal. For the male, a subsequent reincarnation as a female can shatter his gender stereotypes and increase his acceptance of his feminine side. Similarly, for the female, a future reincarnation as a male can generate new insight and promote her acceptance of her masculine side. The frequency of past-life gender reversal is probably about the same for both men and women; however, in our regression studies, very few male subjects admitted having been female in a past life, a phenomenon that may be due to subtle cultural conditioning, especially among cultures that assign women a subordinate role or view women as inferior to men.

At a very practical level, reincarnation has important implications for career development. Most of us spend a major part of our lives in career pursuits or career-related activities. Individually, however, we have multiple interests and aptitudes

that qualify us for success in a wide range of careers. Although on average we make around three major career changes in a given lifetime, many of us, at an early age, make irreversible career choices that lock us into a career track for life and thus limit our growth options. Reincarnation offers new opportunities for achievement and fulfillment in a variety of new career fields.

Past Life Retrieval

Through a variety of past-life retrieval procedures we can often uncover the subtle, yet powerful, influences that have shaped our career choices and pursuits. Our retrieval studies have revealed that we seldom pursue the same career in successive lifetimes. We may choose social work in one lifetime and carpentry in another, or politics in one lifetime and teaching in another. Through pursuing one life-long career, we discover not only its benefits but its limitations as well. That awareness may push us toward a different career choice in a future life. On the other hand, career pursuits that are cut short, or career needs that are thwarted, may motivate us to continue a particular career in a future lifetime. Among the few careers that tend to repeat themselves from lifetime to lifetime are those related to medicine and law. Our past-life retrieval studies of medical doctors often revealed their frustrations with the limitations of medicine in a past lifetime, thus motivating them to pursue medical careers in a later lifetime. For lawyers, the professional rewards and challenges experienced in a past lifetime often became incentives for another lifetime as a lawyer.

The underpinning of all past-life retrieval efforts is an unwavering need for knowledge. But while knowledge of our past is itself empowering, mastering the skills required to retrieve that knowledge is likewise important. Fortunately, the same skills required to increase awareness of our past lives can be readily adapted to access other important information sources, including

those of higher cosmic origin. By mastering a single empowerment strategy, or even a simple component of a complex strategy, we increase our repertoire of empowerment skills, while directly stimulating our overall growth.

At the conscious level, we have varying degrees of awareness of our past experiences, including those related to our past lifetimes and afterlife intervals. Some of these experiences are immediately available and easily accessed, whereas others require considerable effort to uncover. If we could master the skills required to retrieve critical insight from our past, we could possibly dissolve our present growth barriers and appreciably accelerate the rate of our evolvement. Once empowered with knowledge from our past, we can more directly maximize our potential, while resolving any negative residue from our past.

Hypnosis

Many of our present-life experiences are so far removed from conscious awareness that they require specialized strategies, the most popular of which is hypnosis. The use of hypnosis as a memory retrieval strategy is based on the Freudian premise that within the self there exists a storehouse of repressed or forgotten past experiences called the unconscious. Although buried in the unconscious, these repressed experiences continue to influence our behavior, often in disempowering ways. Only when the self's defensive or repressive mechanisms are relaxed or removed can the multitude of experiences buried in the unconscious be resurrected and brought forth into conscious awareness. Given increased awareness and insight into our past, we become empowered to resolve conflicts and cope with the stresses of the present. An extension of this view holds that not only many present life experiences, but mountains of past-life experiences as well, are submerged in the vast unconscious, and can be retrieved

through hypnosis and past-life regression.

Hypnosis is an altered state of consciousness in which our concentration is focused and our receptivity to suggestion is heightened. A major concern of specialists in the field, however, has been the accuracy of hypnosis as an information retrieval strategy. Among the major problematic factors are the leading questions frequently posed by the hypnotist, along with the subject's often obvious need to please the hypnotist and meet his or her expectations, particularly when the hypnotist is also the subject's psychotherapist. Also problematic are the discrepancies and false memories that too often characterize the hypnotized subject's accounts of past experiences. Forensic specialists agree that even eyewitness accounts immediately following an event are often inconsistent and obviously inaccurate when compared with the hard evidence.

In view of these findings, none of us would be comfortable with crucial legal judgments of guilt or innocence based solely on evidence gathered by hypnosis. Hypnotic evidence, like eyewitness accounts, is always stronger when corroborated by evidence collected through other strategies.

Nevertheless, past-life regression through hypnosis, while needing further research, remains an important strategy for gathering information about past lifetimes, as well as the nature of human existence in the afterlife realm. Fortunately, hypnosis is only one of numerous strategies with potential for exploring the past. Dreams, for instance, often reveal elements of past lifetimes, and some dream states are almost identical to the discarnate or between-lifetime state as described by hypnotized subjects during regression. Similarly, certain illuminating peak experiences can transcend our awareness and reveal glimpses of other dimensions, including past lifetimes and the discarnate realm. Finally, the near-death experience—one of the most profound of all human

experiences—often engages a panoramic view of past lifetimes along with transforming interactions with higher planes. (For a further discussion of these and related phenomena, see Psychic Empowerment: A Seven Day Self-Development Plan [Slate, 1995], and Psychic Empowerment for Health and Fitness [Slate, 1996].)

Astral Projection and Life Span Enlightenment

Often undervalued, or overlooked altogether, is the capacity of astral projection to access past incarnations and the afterlife experiences that followed them. The out-of-body state, in some ways, parallels the afterlife state itself. In both states, consciousness continues, with certain spontaneous regulatory mechanisms still in place. These mechanisms control the recall of past experiences, facilitate their integration, and activate the growth potentials related to them. In both states, the emergence of past experiences occurs only at a pace we can accommodate. Potentially harmful memories are spontaneously screened from awareness until we are ready to profit from them. Given permission of the higher self and the assistance of our ministering guides, those memories that we can accommodate and which are important to us at the moment can come forth clearly and free of distortion during the out-of-body state.

Past-life retrieval efforts can yield important information of therapeutic value. Phobias, as previously noted, are often associated with unresolved past-life trauma. Awareness of the traumatic experience alone is often sufficient to fully extinguish the phobia. In another vein, personality disorders—particularly obsessive-compulsive, histrionic, antisocial, and narcissistic disorders—have dynamics that strongly suggest past-life influences that are affecting our present growth. Similarly, the factors associated with drug abuse frequently point to personal predispositions and other influencing factors that reach into past

lifetimes. Given awareness of the past-life experiences associated with these conditions, we become more effective in breaking down the barriers and resolving the conflicts that thwart our growth. Past-life enlightenment, rather than providing an excuse for our problems, challenges us to engage with them, and find solutions.

The lessons we learned in previous lifetimes are cumulative and always relevant to present-life tasks. With increased awareness of the past, we become more fully empowered to shape the future and achieve our highest goals. Awareness of past successes can generate a strong success expectancy effect that is self-fulfilling. Awareness of past failures is likewise important, because it not only reveals what did not succeed, but often suggests more workable alternatives.

Aside from retrieving relevant past experiences, astral projection can accelerate our growth by introducing totally new growth experiences, including interactions with the higher dimensions of insight and power. With our biological systems, including the central nervous system, in a state of rest, we become empowered in the out-of-body state to engage astral interactions in ways that activate our existing inner potentials while empowering us with the resources required to solve problems and achieve personal goals, such as better health, rejuvenation, success, and happiness.

Hypnotically Induced Astral Projection

Astral projection and past-life regression are phenomena often experienced spontaneously during hypnosis, particularly when hand levitation is used to induce the trance state. Hypnosis induced through hand levitation is frequently accompanied by sensations of weightlessness throughout the physical body, a condition that often precedes the out-of-body state. As the hypnotic state deepens, the sensations of weightlessness often increase spontaneously and independently of suggestion. Subjects who spontaneously enter the

out-of-body state during hypnosis almost invariably report sensations of physical weightlessness preceding the actual disengagement of the astral body from the physical body. They often report impressions of full physical levitation that appear to be due, in fact, to disengagement and levitation of the astral body from the physical. Only when they view the physical body at rest below them do they become aware of the out-of-body state.

Although astral projection and past-life regression can occur spontaneously and independently of each other during hypnosis, they can also occur together. When regression occurs during hypnotically induced astral projection, awareness of past-life experiences (both during past lifetimes and after past lifetimes) are typically more vivid and detailed than in hypnotically induced regression independent of astral projection. This may be due to the fact that past-life regression is highly conducive to both hypnosis and the out-of-body state. It follows that these two states of consciousness, when combined, could generate the optimal conditions for past-life enlightenment.

Astral Ascent & Cosmic Archives

Because the hypnotically induced out-of-body state appears to be the ideal condition for past-life regression, we developed in our labs a procedure called **Astral Ascent** which uses both hypnosis and astral projection to retrieve relevant past-life experiences and glean empowering knowledge from them. This procedure holds that the records of our past are astral rather than biological in nature. Consequently, past-life regression becomes an astral phenomenon, with the resulting past-life enlightenment due to raised consciousness.

Astral ascent views past life as a three-dimensional phenomenon: Preincarnate life is our existence prior to our first incarnation; incarnate life is our existence as incarnates in each

lifetime; and discarnate life is our afterlife existence in the discarnate realm between lifetimes.

Astral ascent is a comprehensive strategy consisting of three critical components: (1) hypnosis, (2) the out-of-body state, and (3) the ascension of consciousness to the astral realm. This unique procedure is a positive, empowering approach that recognizes the power of consciousness in the ascended out-of-body state to comprehend the totality of our past while accessing the latent growth potentials found there.

Astral ascent offers a sweeping overview of all our past experiences, from the earliest to the present. In that elevated state of awareness, specific past lifetimes can be retrieved and reviewed in as much detail as needed, and with greater objectivity. The emotional experience of regressing to actively reexperience a past-life event, particularly when the event is painful, can distort the experience and interrupt its healing potentials. By experiencing past-life events in the ascended state, we not only accommodate them more effectively, we can integrate them in ways that generate insight and facilitate our growth. As it turns out, cosmic ascension is both enlightening and therapeutic. It is, in fact, one of the most advanced and empowering forms of human experience.

Astral ascent is based on the premise that past-life experiences are recorded on two levels: (1) personal consciousness and (2) cosmic archives. Personal consciousness is an inner chronicle of our life experiences, including our pre-incarnate, incarnate, and discarnate existence. The cosmic archives are the comprehensive celestial records which subsume our personal archives. Consequently, the evolution of our personal consciousness becomes an integral part of an immense cosmic process. These two dimensions of archives are suggested by the Biblical metaphor of tangible records found in Revelation 20:12, "… and the books were opened, and another book was opened, which is the book of

life …" (emphasis added). Here "the books" represent the totality of cosmic history and "another book" represents the chronicle of our personal consciousness.

The vast inner record of our past-life experiences is often not easily retrieved, because of memory limitations, biological constraints, or various regulating or defense mechanisms—such as denial, resistance, distortion, and repression. Consequently, our conventional attempts to retrieve past-life experiences through direct strategies, such as hypnosis, are often thwarted. Even when the inner barriers to retrieval are recognized and bypassed through more indirect procedures, such as free association, projection, automatic writing, and dream analysis, subconscious material often surfaces in disguised, fragmented, or other cryptic form. Furthermore, our interpretation of that retrieved material is typically subjective and highly speculative. Cosmic ascent, rather than being designed to overcome the inner barriers to past-life recall, is designed to directly access the higher cosmic archives and the objective records found in them.

Through astral ascent, we can experience the full scope of our personal existence on a cosmic scale. We can discover the cosmic nature of our personal consciousness, and a new congruency between ourselves and the cosmos. The technique reveals not only relevant past-life experiences, but, whenever pertinent, aspects of our present life which are being progressively entered into the cosmic record of our existence.

Astral ascent unveils three dimensions of cosmic archives that together reflect the extensive span of our existence, from our earliest beginnings to the present. Not unlike the three dimensions of personal consciousness, the first dimension, pre-incarnate archives, contains the records of our existence before our first lifetime on the planet Earth. The second dimension, incarnate archives, contains the records of our experiences in each

incarnation, including not only our past lifetimes but our present lifetime as well. The third dimension, discarnate archives, contains the records of our experiences between lifetimes. Together, our pre-incarnate, incarnate, and discarnate archives offer an objective, comprehensive source of knowledge. Each astral ascent provides a relevant view of our existence and lifts consciousness to a new level of cosmic enlightenment.

As an interesting footnote, certain of our research subjects, in viewing their cosmic archives, observed what they believed to be their personal archives of the future, including their future incarnations. They speculated that cosmic archives could likewise exist for the future of the globe or even the universe. For them, their archival experiences represented an advance option for personal and global precognition.

While the underlying dynamics of astral ascent may at first seem complex, the procedure itself is easily mastered with even limited practice. It requires no trained hypnotist other than yourself to induce the trance state. Since you know yourself best, you alone are your own best hypnotist. In the strictest sense, all hypnosis is self-hypnosis, since in the absence of a consenting, responding self, the trance state will not occur. You alone possess the inner capacity to experience and understand the totality of your personal existences, from your distant pre-incarnate existence to your present incarnation. The innermost part of our being is an enthusiastic collaborator in all our efforts to know the deepest meanings of our existence, and only the self is empowered to validate these efforts.

THE ASTRAL ASCENT PROCEDURE

Introduction. All hypnosis is truly self-hypnosis and you alone are best qualified to interpret and understand the archival memories. Like other out-of-body procedures, astral ascent requires a quiet, comfortable setting with indirect lighting. Approximately one hour

during which there are no interruptions should be set aside for the session.

Here is the six-step procedure:

Step 1. Goal Formulation. Formulate your personal objectives and state them as specifically as possible. Your objectives may simply be to practice the procedure and develop your induction skills. On the other hand, you may wish to conduct a comprehensive overview of your past lives, or to investigate a particular past lifetime in-depth. Your goal may be to explore past-life experiences that relate to a particular present-life situation, or to identify past-life themes or patterns, such as recurring relationships, careers, or commitments. You may wish to explore past-life tasks you can now complete, or past-life problems you can now solve. You may decide to explore your earliest pre-incarnate existence or certain discarnate intervals between your past lives. You may wish to identify your most recent past lifetime, or to reexperience your very earliest incarnation. You may decide to explore your past-life experiences in a given geographic region or within a par-ticular culture. Your goal may be to discover important knowledge gained in a previous life but presently lost to conscious awareness. You may wish to explore your past-life experiences concerning a present problem or objective. If, for instance, you are faced with problems in your personal relationships, a deeper understanding of your past-life relationships could offer insight and suggest possible solutions. Or if you are experiencing conflict regarding a career decision, awareness of your past-life career experiences could be an invaluable source of occupational information.

Step 2. Trance Induction by Hand Levitation. Having formulated your objectives, settle back into a comfortable, reclining position with your legs uncrossed and your hands resting on your thighs.

With your eyes closed, mentally scan your body from your head downward, releasing all tension as you go. Upon completing the scan, take a few deep breaths, exhaling slowly. Develop a comfortable, rhythmic breathing pattern, counting backward with each breath from ten to one.

Upon completing your backward counting, continue breathing rhythmically as you focus your full attention on your hands resting on your thighs. Note specific sensations, such as warmth, tingling, numbness, and the slight pressure of your hands on your thighs. After a few moments of concentration, center your full attention on your right hand and imagine it becoming weightless. Imagine a gentle force under your hand, slowly pushing it upward toward your forehead.

As your hand rises gently, give yourself permission to enter deep hypnosis, and then to leave your body. With your hand steadily rising, affirm:

> When my hand touches my forehead, I will enter a deep hypnotic trance. Upon relaxing my hand and allowing it to return slowly to my thigh, hypnosis will give way to the out-of-body state. Upon leaving my body, I will be fully conscious, safe, and secure. I will be enveloped throughout this experience in the powerful energies of higher astral planes. I will return to my body at any moment by simply deciding to do so. Upon returning to my body and re-engaging it, I will exit hypnosis by simply counting from one to five.

Allow plenty of time for your hand to levitate until it touches your forehead, and then affirm:

> I am now in hypnosis and prepared to leave my body by simply relaxing my hand and allowing it to slowly resume its original position.

Let your hand now slowly return to its position on your thigh.

Step 3. Astral Disengagement. With your hand now resting on your thigh, sense yourself gently leaving your body and rising slowly above it. You can facilitate the disengagement process by simply visualizing your astral body as a glowing mist lifting quietly from your biological body and remaining suspended over it. Once in the out-of-body state, view your biological body as it remains in a passive state of rest. Sense the powerful radiance enveloping your total being, and then affirm.

> I am now outside my physical body, fully enveloped by pure, radiant cosmic energy. The radiance enveloping my astral being extends to my biological body, protecting and energizing it as I travel to higher astral planes. The highest realms of the cosmos are now receptive to my interactions.

Step 4. Astral Ascent. At this crucial stage of the procedure, the goals are twofold: first, to ascend to the realm of cosmic archives typically seen from a distance as a bright dimension of light surrounded by sweeping swirls of radiant color, and second, to access cosmic sources of past-life experiences. Astral ascent is typically accompanied by awareness of special astral guides who are almost always enveloped in luminous violet energy. The presence of guides is invoked by affirmations of your intent to ascend astrally and acquire relevant past-life knowledge. Suggested affirmations include the following:

> I am now prepared to ascend to the realm of cosmic archives in my efforts to gain new insight and knowledge concerning my past. I now invoke the empowering presence of astral guides who will be my constant companions throughout this experience.

The ascension experience is typically characterized by sensations of being gently carried forward, first through darkness and then into radiant, fluid-like dimensions of varying coloration. Certain dimensions appear as planes of color with many concentrations of light; whereas others emerge as light-filled corridors or channels of energy. During ascension, awareness of time and space is often replaced by a raised state of cosmic awareness which spontaneously guides consciousness into the archival center of cosmic knowledge.

As ascension progresses, you will recognize in the distance a magnificent dimension of light with its outward swirls of multicolored lights. Once within the dimension's field of influence, you will experience its gentle attraction, drawing you slowly into its central region. The approach to the cosmic core is invariably accompanied by expanded awareness of oneness with the universe. No longer simply an astral traveler, you are now an integral part of the cosmos, interconnected and interacting with its limitless knowledge and power.

Upon entering the dimension's central region, you will notice the surrounding multicolored lights forming a great wall consisting of many side-by-side vertical frames within which your past unfolds in chronological order, from your pre-incarnate existence to your present incarnation. Each vertical frame represents a significant period of your past, with the first frame depicting a record of your pre-incarnate existence, and each successive frame depicting either a lifetime or a discarnate interval between lives. Pictured in each frame is a progression of your growth, beginning at the bottom of the frame and culminating at the top. The last frame, which is incomplete, is a record of your present lifetime.

As your past unfolds before you in discrete vertical frames,

you will notice the continuity and common themes of your life. The total cosmic span of your past, including each cosmic frame and its complete contents, is now at your command.

Commanding your attention are certain highlighted contents that represent significant events or turning points in your evolution. Guided by the higher wisdom of the cosmos, you can allow the frames to progressively unfold, or you can arrest certain frames, including those highlighted, and focus on their empowering relevance.

It is important to emphasize the confidential nature of cosmic archives. The cosmic records of each individual are available to that individual alone.

Step 5. Astral Return. To end the ascension experience, affirm your intent to return to your physical body resting comfortably at a distance. Sense again the presence of your escorting guides, who are now poised to accompany your return and guide your reentry. Upon re-engaging your physical body, the hypnotic trance is spontaneously resumed.

Step 6. Resolution and Conclusion. Allow the hypnotic trance to continue as you briefly reflect on the ascension experience, and then affirm:

> Upon ending this trance state by counting from one to five, I will have immediate and full recall of all that I experienced during my out-of-body ascension. I will understand the significance of this experience, and use the knowledge gained from it to enrich and empower my life.

As you count from one to five, intersperse your counting with suggestions of increased alertness.

Conclude the procedure by further reflecting on the

ascension experience and contemplating its relevance. Give particular attention to the events that commanded your attention, and the common threads that characterized your past-life history.

Summary of Purpose and User Benefits: The procedure emphasizes the value of predetermined goals to access pertinent memories. Hand levitation is utilized both to induce the hypnotic trance and the out-of-body state. Archived memories bring meaning and relevance to events and direction of the current life.

In our laboratory studies, comparisons of past-life regression using hypnosis only versus astral ascent revealed greater consistency for the latter from session to session, not only in the information acquired concerning a particular past life, but in the scope of individual past-life records. Multiple astral ascents can build a reasonably complete past-life history that chronicles your preexistence, past lifetimes, and afterlife intervals between lifetimes. Such an effort, however, requires a past-life journal that details the results of each session, along with analysis and documentation whenever possible.

Analysis of the cosmic ascension journals of our subjects often revealed recurring themes that spanned their personal histories. For instance, the past-life histories of some subjects were characterized by artistic interests, whereas others were characterized by scientific pursuits. A progressive unfolding of certain personal traits and the tendency for unfulfilled strivings to pass from one incarnation to the next were frequently noted in past-life histories. Also noted were frequent soul-mate relationships, which not only recurred from life to life, but also continued during discarnate intervals. Astral ascent, while typically validating the long-term nature of soul-mate relationships, also revealed that such relationships can originate during a given

incarnation as well as during a discarnate interval. Soul-mates in the discarnate realm often wait until both partners are ready before beginning another lifetime together.

Soul-Mate Relationships

Almost without exception, soul-mate relationships were found to be complementary in nature, with each soul mate contributing to the development of the other. Perhaps not surprisingly, current soul mate relationships are almost always accompanied by a strong, mutual awareness of the past-life origin of the relationship.

On average, astral ascent subjects discovered an overall upward growth spiral characterizing their past developmental histories. A major recurring theme in their ascension experiences was their capacity to use their acquired strengths to compensate for their weaknesses. Although growth setbacks occurred in almost every lifetime, they were typically overcome later in that life. But at times, the growth spiral was so severely interrupted—often by overwhelming adversity or trauma—that resolution during that lifetime was not possible. These barriers to growth, if not removed in the afterlife realm, were typically reintroduced as growth challenges in the next incarnation. We were surprised to find, however, that flaws and growth barriers carried into the discarnate realm were sometimes set aside at the time of the next incarnation, only to be interjected later, during either a discarnate interval or a future incarnation. Under the counsel of teachers and guides, very serious setbacks were sometimes held over several reincarnations before they were again introduced for resolution, a procedure apparently regulated by the subject's own state of growth readiness. Although our accumulated deficiencies, flaws, conflicts, and traumas will be eventually overpowered, they must occasionally be held back in our personal archives until we develop the specific skills required to master them. For our

subjects, growth barriers never originated in the discarnate realm; however growth challenges were often introduced there, where they were met successfully with the assistance of astral guides and teachers.

Certain recurring gender patterns were often found among our subjects over the history of their past lives. Occasionally, we noted intriguing ratios of gender reversal—such as two incarnations as female followed by one incarnation as male throughout a given individual's span of past lives. Only rarely did gender seem random, or remain unchanged over a past-life history.

Life Role Reversal

Antithesis in which a growth phenomenon or life role is reversed in a following incarnation was occasionally noted in our subject's past-life histories. For instance, a lifetime of struggle and poverty was often followed by a lifetime of success and wealth, and vice versa. Perhaps predictably, a lifetime characterized by strong prejudices against a particular group was often followed by a lifetime of membership in that group. This phenomenon was illustrated by a Jewish student, who discovered during astral ascent that he had held strong prejudices against Jews in his last incarnation. In a remarkable instance of antithesis, a student whose father had disowned him because of his homosexual orientation discovered that he himself had disowned his own son in a previous lifetime for the same reason. Astral ascension subjects almost always recognize the growth benefits of antithesis, and willingly embrace instances of it in their personal past-life histories. The complexity and brilliance of antithesis, along with many other intricate phenomena seen throughout the universe, suggest a cosmic intelligence of matchless splendor at work within a cosmic master plan of immeasurable scope.

Analysis of the past-life journals of our subjects revealed an

extensive range of highlighted contents in their cosmic archives. Highlighted contents were found in all past-life records, including both incarnate and discarnate life frames. Many of these highlighted contents occurred during childhood, a finding that underlines the critical importance of early experiences in our future development. Interestingly, the highlights found in past-life histories seldom involved temporal achievements, such as wealth and fame; they focused instead on the enlightening effects of phenomena such as moments of illumination, transformation, and peak experiences.

The Pre-Incarnate State

Among the major advantages of astral ascent is its capacity to explore the continuity and progressive nature of our evolution, beginning at the pre-incarnate stage. Almost without exception, ascent subjects viewed their pre-incarnate experiences as critical to their future development. In multiple cosmic ascents for a given subject, the pre-incarnate accounts were highly consistent, with almost no discrepancies. Also, comparisons among subjects revealed strong similarities and common elements in their pre-incarnate accounts. Highly positive descriptions, such as filled with the brightness of love, complete peace, and a gentle, nurturing presence, typically characterized their reports. They were unanimous in their conclusions that the pre-incarnate state was a period of growth and progressive enlightenment in which ministering angels, teachers, and guides were present, along with both pre-incarnate and discarnate luminaries. According to our ascent subjects, certain pre-incarnates were more highly advanced than discarnates who had lived many lives. Our subjects attributed this phenomenon to the unique capacity of certain pre-incarnates to learn from their teachers and guides, as well as vicariously through advanced discarnates. According to our subjects, many

higher plane teachers and guides had no direct incarnate experience.

Our ascension subjects discovered that their existence between lives was similar to their pre-incarnate existence, but with certain distinct advantages—the most important being the enriching effect of past-life experiences on the earth plane. These experiences became the raw materials for discarnate growth which was, for the most part, highly spontaneous and self-directed. Discarnate learning experiences involving master teachers and guides were always unceremonious, informal, individualized, and personally relevant.

Our subjects often summarized the core curriculum of the afterlife as a combination of genuine love and joyful enlightenment —terms that surfaced over and over again in their descriptions of the discarnate realm. These two elements were seen as the primary learning goals and nurturing forces of the cosmos. They were seen as interrelated and essential to development in the afterlife realm.

Some of our subjects discovered during ascension that they had been teachers in a past afterlife. According to their reports, the major attributes of a discarnate teacher are empathic understanding and the ability to inspire growth in others. The discarnate learning format was always flexible and open-ended, and the learning environment, rather than a self-contained classroom, was the unlimited cosmic realm.

Not surprisingly, the past-life histories of our subjects when taken together clearly revealed the indestructible nature of personal consciousness. Although a vast range of behavioral patterns and experiences characterizes our individual evolution, the unifying element in our existence is our uniqueness as an immortal conscious entity. For all of us, our past lifetimes and each discarnate interval between them come together in a one-of-a-kind cosmic patchwork held together by the powerful thread of

evolving conscious identity.

Astral Excursion

For people who are resistant to hypnotic suggestion, but who are, nonetheless, responsive to astral projection, we developed a past-life strategy that relies solely on the out-of-body state. Like astral ascent, this procedure, Astral Excursion, recognizes the significance of our past-life history, including our pre-incarnate, incarnate, and discarnate past. But rather than accessing higher cosmic archives or scanning our total past-life history, astral excursion is designed to retrieve only those specific past experiences that are presently relevant to our growth or stated goals. It recognizes the inner wisdom and power of consciousness, as the storehouse of all our past, to "zero in" on pertinent but hidden experiences, access them, and bring them into conscious awareness. It emphasizes the capacity of consciousness to reprocess selected past experiences and relate them to present growth needs.

Although astral excursion focuses primarily on experiences from past lifetimes only, it can probe the intervals between them, and occasionally it will reach as far back as our earliest pre-incarnate existence. Under the watchful eyes of our higher consciousness and astral guides, only those potentially empowering experiences that we can presently accommodate and process are retrieved. While hypnotic age regression has been known to prematurely release painful experiences from the past, with potentially disempowering consequences, astral excursion involves a spontaneous but ingenuous selection process that gauges our learning readiness and filters out presently irrelevant or potentially damaging past-life experiences accordingly. When past-life consciousness is raised, our adaptation capacity, along with our learning readiness, is likewise raised. Given repeated excursions

over time, we become empowered to access and awaken our dormant resources, accelerate our evolution, and, eventually, accommodate even our most painful and threatening past-life experiences.

While recognizing the power of consciousness to probe itself and tap into its own resources, astral excursion emphasizes the critical importance of higher plane luminaries who willingly accompany the excursion and provide the essential support system for our journey into the past. With the assistance and protection of skilled teachers and guides, we become doubly empowered to access our past and activate our dormant growth potentials.

Astral excursion is a flexible procedure with a single objective: to retrieve and process those past-life experiences—pre-incarnate, incarnate, and discarnate—that are relevant and potentially empowering to our present growth. But rather than focusing on a quick fix to a present issue or problem, the procedure emphasizes growth and learning. It relies on the wisdom of consciousness, with the assistance of highly evolved astral beings, to manage the excursion experience and guide the learning process associated with it.

Astral excursion is based on two essential principles of growth: the principle of continuity and the principle of cumulative effects. The principle of continuity holds that our growth is a positive, never-ending process. Whether rapid or slow, smooth or erratic, it is always continuous. It reaches from our earliest pre-incarnate origins to our present existence, and beyond into infinity.

The principle of cumulative effects complements the principle of continuity by asserting that we are, at any given moment, the totality of all our previous experiences, which can span our pre-existence, past lifetimes and the discarnate intervals between them. According to this principle, many of our past experiences are laden with unrealized growth potential. Furthermore, each new learning

experience expands our capacity for future growth. Consequently, personal potential, rather than a fixed product, becomes a fluid process of constant change and unfoldment.

Astral excursion stays with the growth continuum by following it into the far-distant past to bring forth enlightenment and heightened awareness of experiences that remain rich in growth potential. Once our past experiences are uncovered, we can identify their empowering potential and activate them to enrich our lives and accelerate our development. In all probability, we will never fully exhaust the wealth of empowering resources available to us from our past.

Astral excursion recognizes the long-term consequences of not only our positive past but also our negative past, including experiences in which we were victims or, even worse, perpetrators of injustice. The procedure equips us to access our past negative experiences, glean insight from them, and break the cycle of disempowerment they often generate. Through excursion insight, we not only discover our mistakes, flaws, and vulnerabilities; we also find ways of overcoming them.

In addition to its capacity to retrieve past-life experiences, astral excursion often stimulates our psychic faculties to access information from other sources. For instance, our awareness of a particular past-life event during astral excursion is often accompanied by clairvoyance or retrocognition that gives insight concerning the conditions related to the past event but not known to us at the time of the experience. The result can be a more complete explanation for an otherwise puzzling past-life experience, such as an early death or other unexplained tragedy. Like two streams that merge, astral excursion and psychic insight can form a forceful current, teeming with new learning and growth possibilities.

Case Study: Reincarnation—Fear of Death and Previous Life

Poisoning. This was illustrated by a teacher whose fear of death was so intense that it was a constant source of distress—yet he experienced no ambivalence concerning life after death. He confessed, "I fear death, but not life after it." During excursion, he regressed into his most recent past lifetime and clairvoyantly viewed a servant secretly adding poison to the wine he was later to drink at a banquet. His resulting death was slow and agonizing. His subsequent excursions into other past lifetimes revealed death experiences that were painless and peaceful. He concluded that his fear of death was simply a generalization of the pain and dark mystery surrounding his last death experience. The psychic insight accompanying his astral excursions changed his outlook on life and resolved his fear of death.

Astral excursion can be profoundly empowering independent of the past-life information uncovered through the procedure. Astral excursioners almost always report a strong bond with the ministering guides who give guidance and support during the experience. Perhaps even more rewarding is the heightened awareness of a magnificent cosmic life force that almost always accompanies the excursion experience.

THE ASTRAL EXCURSION PROCEDURE

Introduction. The retrieval of past-life experiences may include extended psychic perceptions augmenting observation and understanding of events. A comfortable, reclining position in a setting with indirect lighting and free of distractions is recommended for astral excursion; it requires approximately one hour during which there must be no interruptions.

Here is the procedure:

Step 1. Invocation. The purpose of this step is to call forth the empowering presence of ministering spirit guides. The simple affirmation: I am empowered by the presence of ministering

guides throughout this experience, is usually sufficient to assure higher plane support and guidance for the duration the procedure.

Step 2. Out-of-body Induction with Astral Polarization. Out-of-body induction for this procedure begins by generating a focused mental state through imagery of a surrounding space filled with light, but devoid of color, shapes, or movement. A procedure called astral polarization is then used to induce astral projection. Polarization is initiated by a physical and mental clearing exercise that sets the stage for astral projection. Imagery of the physical body as like a sponge soaking in relaxation is recommended for physical clearing, while visualizing the astral body as a tranquil energy form, filled with light, is recommended for mental clearing.

> As relaxation and tranquility deepen, the physical body becomes progressively heavier with relaxation, while the astral body becomes increasingly buoyant with tranquility. The result is the polarization of the astral and biological bodies, and a slow separation of the two. Allow adequate time for the polarization and separation process to be completed, and for awareness of the out-of-body state to fully emerge.

Step 3. Astral Excursion. With astral/biological polarization and disengagement now complete, you are ready to initiate astral excursion. The procedure begins by recognizing the presence of ministering guides, followed by spontaneously scanning your existence, from your earliest pre-incarnate beginnings to the present. Visualize the scope of your existence as your personal cosmos, a sort of miniature universe. As you view that universe, notice its extensive structure of celestial bodies. Notice the scattered orbs of light, connected by a continuous line of light, against a background of cosmic space. Let your psychic faculties contribute to the spontaneous unfolding of your unique personal cosmos.

The orbs and their connecting lines are highly significant components of your personal cosmos. Each orb of light represents a past life, and each connecting segment of light between the orbs represents a discarnate interval between lives. The arrangement in spatial distance of the orbs and lines represents the chronological order of your past lives and the intervals between them, with the most distant orb representing your first incarnation, and nearest orb representing your most recent incarnation. The orbs and their connecting lines reflect the continuity and permanence of your existence as a conscious, evolving entity. The line of light reaching beyond the most distant orb and stretching into infinity represents your pre-incarnate existence in the universe. Together, these elements and their arrangement form a complete cosmic map of your voyage through time.

Certain characteristics of your cosmic orbs and their connecting lines are critical, because they provide important guidelines for understanding your personal cosmos. The current relevance of each orb or line is gauged by its brightness—the brighter the line or orb, the greater its significance and current growth potential. The size of the orbs and the length of the lines connecting them are measurements of time; the larger the orb, the greater the span of incarnation, and the longer the line, the greater the discarnate interval. On average, long lifetimes are followed by long afterlife intervals —typically the result of more discarnate time being required to exhaust the growth resources accumulated over a long lifetime. It would follow that a long lifetime characterized by worthy endeavors would gather abundant growth resources that would require an exceptionally long afterlife interval. Quantity, as measured by time, however, does not always signify quality. Occasionally, a very small orb will appear

intensely brilliant, an indication that a relatively brief lifetime was profoundly significant and continues to possess important growth resources. Likewise, a short but bright line between two orbs reflects a very brief but highly significant growth interval between lifetimes. The brightness of your orbs and lines also reflects your present readiness to accommodate their inventory of resources, with the brighter the points or lines, the greater your readiness to probe them and access their growth potentials.

As you view your cosmic map, you will probably note that bright orbs are
usually followed by bright lines. This pattern suggests that significant growth during a given lifetime is typically followed by significant growth in the discarnate interval after that lifetime.

The shape of the lines, aside from their brightness and length, also signifies certain important discarnate growth patterns. Lines that are smooth and straight indicate harmony and security, whereas lines that are rugged and jagged suggest upheaval and turbulence. Lines that turn sharply or climb rapidly reflect important changes in developmental direction, or a crucial testing of endurance. These irregular patterns typically follow several sheltered lifetimes of smooth, even development. But rather than slowing or disrupting our progress, these irregularities actually accelerate our growth. They focus on our specific developmental needs and flex our adaptive muscles. Equally as important, they increase our tolerance for change and empower us to cope with adversity.

As you scan the universe of your past, your attention will probably be drawn first to intensely bright orbs and lines, even though they may appear far away in cosmic life-space. By simply viewing your personal universe and scanning it

from a distance, you can spontaneously activate the force fields of particular points and lines. You can then consciously interact with your personal universe. Accompanied by your ministering guides, you will find yourself drawn to the point or line that is relevant for you at the moment. Upon merging with it, you will experience the empowering value of that point or segment of your past. Typically, the past experience unfolds as a detailed projection or a reenactment, with the degree of your involvement in the experience determined by your own choice and the discretion of your ministering guides.

Step 4. Conclusion. To initiate the out-of-body return, shift your attention away from the excursion experience to your physical body and its surroundings. The affirmation, I am now ready to end excursion and re-engage my physical body, is usually sufficient to activate a smooth biological/astral re-engagement. Occasionally, the return will be initiated by a ministering entity, who guides attention away from the excursion experience and into the present. Excursion is concluded by reviewing the experience and further exploring its relevance.

Summary of Purpose and User Benefits: Astral excursion can encompass a complete given lifetime, surveying it from its beginning to its end, or it can selectively examine only a critical fragment of a particular lifetime. It can study life-between-lives in the afterlife realm, to include defining experiences with ministering guides. Astral excursion often re-engages a past discarnate interaction that results in a wondrous renewal of the spirit, or a totally new flash of empowering insight. Previously unheeded experiences can be uncovered and their empowering potential activated.

Repeated astral excursions can gradually compile a complete

record of our personal past-life history. Past lifetimes, and the lives between them, can generate a cosmic map that remains fixed from excursion to excursion. Like the astronomer's map of the stars, our personal cosmic map can chart the orbs and lines of our past, and provides an invaluable guide in our quest for enlightenment. While the empowerment potential of our past experiences may never be fully realized, each astral excursion can provide new understanding of our past, while suggesting new possibilities for our future. Of equal importance, each excursion can uncover new empowering resources that can be used to accelerate our growth and enrich our lives in the here and now.

Our studies found that the cosmic map for each person is a stable representation that is uniquely different from the map of any other person. Among the factors that seem to influence the differences among maps are the identifying characteristics of the person. Since our personal evolution encompasses many lifetimes and, of course, the intervals between them, it should not be surprising to find that our personal characteristics are often reflected in our cosmic maps. For instance, cosmic maps with numerous orbs and short connecting lines of only moderate brightness typically characterize the adventurous individual who may be somewhat immature and irresponsible. The brief, dull discarnate intervals characteristic of this pattern suggest a deficiency in accumulated growth resources from past lifetimes and slow discarnate development between lives.

College undergraduates who were asked to draw their personal cosmic maps following their astral excursions typically drew longer connecting lines between recent points of light, a finding which suggests that a longer period of afterlife development may now be required to exhaust the rich resources gathered in contemporary lifetimes. On the other hand, this pattern could also suggest slowed growth in contemporary lifetimes. The capacity of

discarnate teachers and other growth specialists to make up for a deficiency in past growth is called discarnate compensation.

In an experimental project designed to explore subconscious awareness of their personal past-life history, a group of parapsychology students at Athens State University (then College) were instructed to use automatic drawing to depict their past-life cosmic maps prior to astral excursion. In a quiet, controlled setting, the subjects were instructed to clear their minds, and while resting a writing pen on a blank sheet of paper, to allow automatic drawings of personal past-life histories to unfold spontaneously, with circles representing their past lifetimes, and lines representing the discarnate intervals between lifetimes. They then engaged in astral excursion, after which they drew their cosmic maps as experienced during the excursion.

Comparisons of the two maps for each individual revealed amazing similarity. Although it could be argued that the individual's automatic drawing prior to excursion could have influenced the excursion experience and the later drawing, all the subjects in the study interpreted the similarities in their drawings as tangible evidence of a cosmic history permanently inscribed in their personal consciousness as well as in outer cosmic realms.

In a related study, the career pursuits of our subjects were often suggested in their cosmic map patterns. For instance, a comparison of the maps of engineers and artists drawn after their excursion experiences revealed marked differences. The engineers' drawings were typically linear and characterized by somewhat equally spaced orbs of light while the artists' drawings were characterized by greater variation, not only in space between orbs but also in the arrangement of the orbs themselves. This finding suggests that certain past-life patterns could either qualify or predispose us to pursue certain careers. Although more research is needed, it seems reasonable to assume that the personal cosmic map could become

a valuable tool for identifying career interests and guiding career choices.

As already noted, cosmic maps are characterized by a pre-incarnate line reaching backward from the most distant incarnate orb and extending into infinity. Excursion subjects who focused their repeated excursion efforts on that segment of their cosmic maps were highly consistent in their descriptions of pre-incarnate life. The pre-incarnate state of awareness was described as expansive consciousness—a term that was used repeatedly by the excursioners. In that state, personal identity was intact and there was acute awareness of being a unique, independent entity.

Typically, astral excursioners experience the pre-incarnate reality as a magnificent dimension filled with brightness and beauty. They often compare it to a magical, moonlit landscape with fluid-like forms and luminous planes. Radiant colors that span the spectrum are prominent in their descriptions. Interestingly, excursioners describe themselves and others as imperfect, yet possessing unlimited growth potential. Flaws and weaknesses in pre-incarnate as well as other stages of development are seen as growth challenges, not irreversible defects.

Astral excursioners frequently discover a strong affinity with others they encountered during their pre-incarnate probes—such interactions are invariably spontaneous and rewarding. Special relationships are often uncovered, and some excursioners find that their present soul-mate relationships originated in their pre-incarnate past.

The following descriptions of pre-incarnate life were taken from the excursion summaries of college students who used a series of astral excursions to probe their pre-incarnate existence:

Selected Descriptions of Pre-incarnate Lives

- I was an independent entity who was totally aware of my own

being as well as the presence of others.

• I knew that I was among friends, some of whom, in retrospect, I recognize as my friends today.

• In the pre-incarnate state, I was without inhibitions. Sharing was easy. I experienced oneness with every aspect of the pre-incarnate dimension.

• I knew no limitations; time and space were irrelevant.

• I was complete in myself and an integral part of the cosmos.

• My pre-incarnate existence was a part of a greater presence, and my being was a part of a greater being. I was in touch with the universe.

• Brightness and freedom were everywhere.

• Communication was spontaneous and easy.

• I recognized certain entities as highly evolved, but equality and oneness rather than rank prevailed.

• Love, security, and compassion were everywhere. It was a heavenly place.

Following their pre-incarnate probes, Excursioners almost always experience a deeper understanding of themselves and their origins. They discover new meaning to their lives, and a new sense of their oneness with the cosmos. Enlightened and renewed by the experience, they see life from a refreshing new perspective that spans the totality of their existence—past, present, and future.

Although pre-incarnate excursion is, in reality, a return to one's deepest past, it is often experienced by excursioners as a current reality rather than as a probe of pre-incarnate existence. Even upon returning to the body and reminding themselves that the experience was a journey into their past, they often remain somewhat uncertain about the "past versus present" nature of the experience. With repeated excursions, however, most subjects become increasingly convinced that their excursions are accurately probing

their pre-incarnate past. It is conceivable, nevertheless, that an experience that we label a pre-incarnate excursion could also include out-of-body travel to a present astral plane.

The travel reports of excursioners also reveal marked similarities between the pre-incarnate and the discarnate dimensions. In both, personal growth is experienced as continuously evolving. Excursioners travelling in both dimensions consistently experienced an unwavering sense of personal worth and infinite identity during the experience. The astral body image, like identity, also remains unchanged from
excursion to excursion. Excursioners are consistent in their beliefs that the astral body consists of cosmic matter arranged in ways that provide the astral genesis of identity. Incarnation is seen simply as the embodiment of cosmic identity in a biological structure. Conversely, the out-of-body state is seen as the temporary astral liberation of cosmic identity from the biological body.

Excursioners often discover that they have had meaningful past interactions with animals during their pre-incarnate and discarnate existences. As they explore their past-life history, excursioners invariably develop a deeper respect for animals, and a stronger recognition of their rights as creatures of dignity and worth. For many excursioners, this is one of the major benefits of the excursion experience. Many excursioners discover a familiar soul-mate animal who, like a special friend, had been their companion from life to life.

Excursioners often discover advanced teachers, guides, and ministering angels in their pre-incarnate and discarnate past. Many of these astral luminaries appear again and again in the afterlife realm, and excursioners often find that a particular luminary had become their permanent, lifelong guide. Many excursioners report reexperiencing many of their past astral group sessions in which they interacted with astral luminaries and were enlightened

concerning the nature of the astral realm and their personal evolution.

Experienced excursioners are unanimous in their belief that the afterlife dimension is stable in both element and form. They conclude that the cosmic principles of the afterlife are basic to our understanding of the physical composition and properties of the universe. They note, however, that the discarnate realm is not ruled by the principles of physics as we know them today. In that dimension, conventional concepts of time, space, and material form are superseded by a liberated awareness of the intangible or spiritual substance underlying all tangible realities. Tangible reality, according to excursioners, is a creation of the intangible; its existence is simply a material manifestation of the spiritual. Excursioners found that physical reality and physical existence simply provide temporary conditions to support our spiritual evolution. Once our spiritual evolution is complete, there is no pressing need for
additional lifetimes in the physical realm—with the possible exception of additional lifetimes devoted to helping others in their personal evolution. It would logically follow that once spiritual evolution on a global scale is realized, the life-support system we call the physical realm will become irrelevant.

Excursioners agree that the cosmic life force is the energizing foundation of all reality, both tangible and intangible. The miracle of our immortality and the flawless
design of the universe are manifestations of that force in its highest and noblest form. In the absence of that creative cosmic force, intangible as well as tangible reality would cease to exist.

Taken together, the experiences of excursioners in our studies consistently confirmed the cumulative nature of our past growth and the permanence of conscious identity. According to the ministering guide of one excursioner, “Each past, present, and

future lifetime is a priceless pearl on the endless string of cosmic consciousness."

Conclusion: Astral Ascent & Astral Excursion Awaken Dormant Potential & New Growth Possibilities

The superior effectiveness of astral projection in exploring our individual past-life history and the nature of the afterlife realm is due largely to the transcendent nature of the out-of-body state and our capacity to use it as an enlightenment strategy. Advanced out-of-body strategies, such as astral ascent and astral excursion, can lift personal consciousness to new levels, awaken dormant inner potential, and create totally new growth possibilities. Many of the problems and mysteries we encounter in life can undoubtedly be solved by exploring our past lives and the afterlife realm. Past-life enlightenment reveals the richness of our past and the purposefulness of our present. Afterlife enlightenment reveals the exciting possibilities that await each of us.

SUGGESTED READING

Joe H. Slate, Psychic Empowerment: A Seven Day Self-Development Plan (Llewellyn, 1995) and Psychic Empowerment for Health and Fitness (Llewellyn, 1996).

[contents]

13
ASTRAL INTERACTIONS
Astral Projection as Paranormal Phenomena

As the twentieth century progressed, so did the interest in the paranormal and occultism, and a growing number of authors, like Oliver Fox and Sylvan Muldoon, among them, described their own out-of-body experiences. Most of the reports really amounted to what we might call "window peeping" as the astral projectors' reports centered on physical world observations by the invisible traveler. And more recently, these reports led to military research into "Remote Viewing" and psychic spies.

The Astral Plane Is Larger than the Physical Universe

Throughout this book we have emphasized the great potentials that exist for us in the astral plane, which we begin to understand is itself far "larger" than the physical universe, and we now see that the astral body is not just a vehicle of some sort that can separate from the physical body and travel to another physical earthy location. The point of the quotation marks in the previous sentence is to emphasize that the astral plane has no spatial dimensions but is a nonphysical realm that interacts with the physical, and it is with such interaction that we have the practical applications of what we call "astral power." We've already discussed that at some length in previous chapters and will continue more in this and later chapters.

In discussing aspects of such interaction, it is desirable here to

gain a better understanding of the astral plane itself, of the astral body, and of both personal and universal consciousness.

The New Person: A Being of Consciousness

As the esoteric literature from east and west, and north and south as well, became integrated into contemporary philosophical thinking and cultural interests, so there was also new interest in parapsychology and studies into paranormal phenomena leading to new understandings of shamanism and witchcraft, mythology, ancient and primitive religions, and the new psychological studies of alchemy, yoga, Tarot, and the Chinese Yi King initiated by Carl Jung—all leading to a new picture of the human person as far more than a physical body with a wonderful brain.

This new person has a mind "outside the brain," emotions beyond hormones, a physical body inclusive of subtle energies, and levels of being and consciousness that extend from the cellular to the spiritual and even divine. Approached as a being of consciousness (rather than just a body with a brain), we have divided the human psyche into subconscious, conscious, and superconscious minds along with soul and spirit, and all somehow connected to a collective unconscious and a universal consciousness shared with all other beings across time and space.

We also find that this whole person and the total cosmos has been studied in such systems of practical philosophy as the Greek and Hebrew Kabbalah, Indian Tantra, Chinese Taoism, Tibetan Bon Shamanism, and other wholistic systems comprehending the whole person and the whole universe at all levels—visible and invisible, physical and nonphysical, material and spiritual, manifest and nonmanifest, and however else we can try to define all creation and the creative force behind it and permeating it.

The Total Cosmos: A Multi-Dimensional Universe

As we discussed in chapter eleven, it is necessary that we come to

an actual realization that our physical environment—as we know it—is only one of many dimensions within the larger multidimensional system that we call "Cosmos."

Tangible reality, including our biological existence, is a material manifestation of a much larger and higher spiritual reality. Because we are essentially spiritual beings we can and do interact with the astral and other realms.

When we do access these higher planes we are able to draw upon their infinite resources of knowledge and powers. By actually interacting with these higher planes we can enrich our lives with even greater power and growth.

The out-of-body experience remains, at present, the core evolving awareness technology by which we are enabled to make new discoveries about ourselves, our existence, and the nature of the astral world, and even beyond.

While the potentials of the out-of-body experience are both exciting, and vitally important to our opportunities for growth and empowerment, we must gain greater understanding of the nature of the astral body in relation to our familiar physical body and person, and of the astral world in relation to the physical plane which serves as our home base, in order to more fully realize—and utilize—our astral powers.

Knowledge Is the KEY to Power

In nearly every chapter throughout this book we have touched on this, and will continue to do so in the remaining chapters—but here, in discussing astral interactions—this is more directly pertinent. We say that "knowledge is power," but we really mean that Knowledge is the KEY to Power. Without pertinent knowledge we lack understanding, and—in particular—the self-understanding necessary to the conscious development and the conscious application of the astral powers in relation to not only the astral

plane, but the mental and physical planes, above and below the astral.

The Importance of Self-Analysis

Dr. Slate has often quoted Socrates from Plato's Apology: "The unexamined life is not worth living." This is not merely a philosophical statement but a reminder of the
importance of the study of **Self**. Socrates says that the unexamined life is not worth living! Without such self-examination, your life lacks meaning and without self-understanding you are like an untrained adolescent in a workshop filled with
powerful tools that can, wrongly used, destroy your own life and even the world
immediately around you. With self-knowledge and training, every human can access the nearly infinite powers of universe to personal and universal benefit.

The starting point is to recognize, as we've pointed out throughout this book, that you are more than your physical body, your personality is more than your hormones, and your mind is more than your brain. More importantly, you are a unique individual even though government, business, and society as a whole perceives you as just a statistic among many voters, consumers, and workers, and not as the individual you really are.

You are the only person who can fully recognize and appreciate your individual nature and needs, and that's where self-study and self-analysis comes in. While there are helps for this—your individually calculated horoscope provides a real foundation for self-understanding, and your own ability to see the colorful details of your aura as we described in chapter two is an amazing technique to study your changing response to life's challenges and opportunities—it is your deliberate focus of awareness inward that will enable both self-understanding and actual psychic and

spiritual growth.

There are books that can help, and our own Self-Empowerment and Your Subconscious Mind provides a comprehensive "picture" of consciousness, while our Self-Empowerment through Self-Hypnosis provides a personal technology not only for self-improvement but for self-exploration.

The Responsibilities of Growth & Empowerment

Of course, astral projection—whether spontaneous or intentional—will not suddenly give you god-like powers any more than walking on to a soccer field will turn you into a star player. Too often in our modern civilization people have come to believe in entitlement without effort and without responsibility. Too often people leave "it" (the problems and challenges of modern life) to others rather than help in bringing about positive solutions and change. Without addressing the problems, a time will come when they will know for whom the bell tolls, and, unfortunately, too often the innocent will suffer right along with the irresponsible in our interconnected world.

Actions taken on the Astral Plane will always
—in some manner—
Manifest on the Physical Plane

Power requires self-responsibility, and through the practices in this book you are gaining real powers—not initially on the physical plane, but learn this: Whatever actions are taken on the astral plane will—in some manner—manifest on the physical plane, and vice versa! With knowledge and understanding, you will be able to control such manifestation and bring benefit to yourself and others.

Think about that with as much knowledge and concern as you should have if faced with the potential of grasping two bare wires hanging from the electric power grid! Electrical power is a great

benefit to our world and to nearly every individual, but it can be a killer if mishandled through ignorance. The more complex, and the richer in opportunities, our world becomes, the greater the need for each and every person to learn from an early age onward the knowledge and skills in being a responsible citizen aware of the dynamics of living in a global civilization. Understand this: you have the innate capacity to comprehend the entirety of all that is—but you are
responsible for developing that capacity to fulfill your destined role as a co-creator.

The School of Life, or the School of Hard Knocks! —Your Choice

Just as we live in a multidimensional universe, so are you a multidimensional person. "As above, so below." Each of us is a microcosm of the macrocosm that is the universe in all its many dimensions, visible and invisible, material and spiritual. Anything that can be said of the universe around you can be said about you and the universe within.

But, make that a big BUT, almost all that you are is in potential! We are born to grow and fulfill all that is potential in us. So immense are those potentials that it takes many, many lifetimes to accomplish it all.

But, another big BUT, it takes so many lifetimes because the process is so slow when you passively accept what each individual lifetime hands to you. Each lifetime has lessons to be learned, but until you become self-aware and undertake responsibility for your own learning and growth you are a victim of your own ignorant and negligent passivity. Instead of advancing through the school of life you are more or less stuck in the school of hard knocks. The stuck individual suffers, and all of society suffers as a result.

Sure, your current life may include much love and happiness,

and success in your chosen endeavors, but what of your more senior years, and then what of your next life? Every one of us who is still incarnating has many lessons to learn. And this school of life doesn't have courses in math, science, history, economics, and geography, nor in carpentry, computer programming, practical business and financial skills, etc. You must learn and experience them in the everyday worldly schools and then in the graduate schools of opportunity that you choose for yourself. It's your choice. You are responsible for your own worldly education and ultimately for your own welfare. Do not count on others to take care of you.

These worldly schools teach mostly about the world around you and very little about the world within. You need to actively pursue self-knowledge yourself. But, like the modern world where you can choose many home-learning courses, you can choose to learn about yourself—by yourself—through focusing on the inner world that is inclusive of your invisible inner universe.

Awareness and Opportunities

There are inner life lessons right here, in this book, and in hundreds of thousands of other books, metaphysical lectures, on-line courses, schools and orders, and practices of psychological counseling and analysis. But it is YOU who must become an active student and seek out the means to self-study. The ancient adage—When the student is ready, the teacher will appear!—does not promise a glorious spiritual presence that will teach you all you need to know. The actual promise means that an earnest student will encounter opportunities of all kinds that if recognized and grasped will advance him or her forward in the school of life.

The Inner Resources of Your Subconscious Mind

Your own subconscious mind is the most powerful inner resource at your immediate command. It is your direct link to the resources

required to advance your growth and enrich the quality of your life. Through direct interactions you have access to the subconscious knowledge required to solve even your most difficult problems and greatest challenges. You will discover new and more effective ways of enriching your life and dissolving all blockages to your growth. You will become empowered to achieve your highest goals while helping others to do the same.

This inner resource can become your link to the abundant powers beyond, to include the spirit world. As your link to the beyond, your subconscious can connect you to protective spirit guides, therapeutic counselors, and advanced growth specialists from the spirit realm with power to enrich your life with abundance, happiness, and success. The subconscious is, in fact, in continuous interaction with the higher realms of power to meet your empowerment needs, including protection in time of danger, comfort in times of grief, and hope in times of despair. Through your connection to the spirit realm, you will experience the full beauty and power of your existence—past, present, and future—as an evolving soul.

Self-Empowerment Is the Goal of Self-Knowledge and Growth

The goal of your self-analysis and self-growth is true self-empowerment. As we wrote elsewhere:

> According to the self-empowerment perspective, the subconscious never sleeps—it's in continuous interaction with consciousness. It embraces the physical, spiritual, and psychical nature of our existence. Awareness of future events, telepathic communications, and clairvoyant insight are all among its powers. The subconscious welcomes our probes and challenges us to use its powers.
>
> The self-empowerment view recognizes the subconscious

as a storehouse of knowledge not yet manifest to conscious awareness. As we dive deeper into the subconscious, the more we learn about ourselves and the more empowered and balanced we become. Amazing though it may seem, complex bodies of new knowledge have been accessed and transferred to conscious awareness through appropriate empowerment programs, including hypnosis. Among the striking examples are fluency in a new language and competency of important technical skills, a phenomenon called hypnoproduction. While explanations of this phenomenon vary, a common view holds that our past achievements (including those of past-life origin) are integrated into our being and thus never lost—they remain forever a part of our evolvement. Although they may exist in the subconscious, they influence consciousness and are receptive to our efforts to retrieve and reactivate them.

The self-empowerment view recognizes the subconscious as a powerful motivator that actively communicates with consciousness, often in inventive and challenging ways that suggest new approaches to solving problems and achieving personal goals. Examples include déjà vu, intuitive awareness, symbolic dreams, spontaneous ESP, and a wide range of spiritual interactions. These spontaneous messages of subconscious origin can literally change the direction of our lives.

Slate & Weschcke: Self Empowerment and your Subconscious Mind

The Goal of Astral Projection Experiences

The essential goal of astral projection is to extend your awareness beyond the limitations of the physical brain to become fully conscious on the astral plane.

For this book, Dr. Slate has prepared several procedures to

generate astral probes and interactions. Some are designed simply to introduce you to higher astral planes, whereas others promote an energizing interaction with them. Many of these have already been fully described in earlier chapters, in particular in chapter eleven. All share the common goal: self-empowerment and spiritual enlightenment.

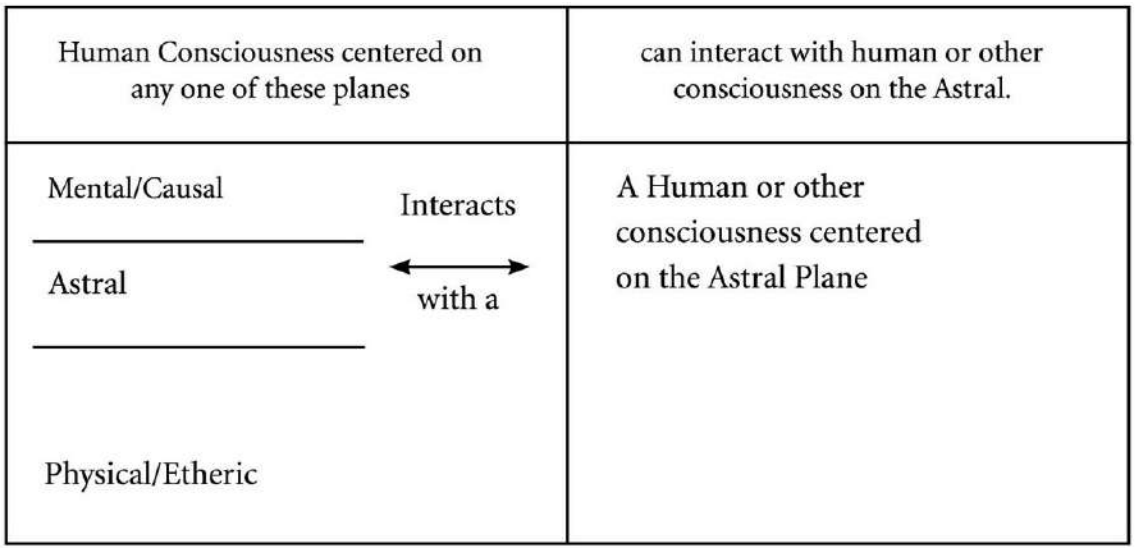
Many of the most advanced out-of-body procedures are intended to initiate interactions with highly specialized astral teachers and guides. While many interactions can target your most practical concerns for health, financial security, your work, and family, it is also important that your interactions with the astral domain must eventually rise above material concerns and focus directly on your higher spiritual needs.

The higher planes, in fact, offer an array of growth resources that can meet an extensive range of developmental needs. However, to truly tap into these resources we have to explore the full meaning of the concept of "inter-action" in contrast to "inter-communication."

Inter-Communication & Astral Inter-Action

Inter-communication simply means to communicate with another entity, and in this discussion that could be between a human on either the physical or astral plane and a human or non-human on the astral. Inter-action, however, requires the exchange of actions (which may include the exchange of information) between a human on either the physical or astral, and an entity (or a "form" or a "force"—a particular energy) and substance of the astral plane.

Perhaps a simple chart will be helpful.


Human Consciousness centered on any one of these planes
can interact with human or other consciousness on the Astral.
Mental/Causal
Astral
Physical/Etheric
Interacts
with a
A Human or other consciousness centered on the Astral Plane

Interaction on the Astral Plane

It's a difficult realization because we are so conditioned to think from our physical perspective of solid bodies and fixed locations, along with the challenge of thinking of nonphysical (and nonhuman) entities with consciousness and powers that may be greater than our own, and most certainly are different than our own.

And What of Human Inter-Action With a "Form" or "Force" or "Substance?"

While inter-communication might be compared to a good conversation across the table, inter-action might better be compared to the entire process of growth and change for any individual that is part of real life, only some of which is under individual voluntary self-control.

What we are concerned with is a sufficient understanding of the different nature of these three levels so that when an action is taken on one level the actor understands how it will manifest in a different manner on another level, and then can actively intervene to influence a further manifestation to produce a desired result.

Here's a simple example: The carpenter acting on the physical plane hits a nail with his hammer. Unless he guides the hammer

and nail in the desired direction, and unless he controls the strength of the blow, he could ruin the fine piece of furniture he is repairing. How does that compare to the chart above? The action of the hammer blow is physical, but the guidance is mental. The mental action required a great deal of experience and understanding to bring about the desired reaction.

Magickal Rituals Involve Inter-Action

A different example might be a magickal ritual in which a series of physical movements and gestures are accompanied by other physical factors (the selection and burning of a specific incense, the chanting of particular words and phrases in a specific vibratory pattern, the wearing of robes of chosen colors, the ringing of a bell in a certain numerical sequence, the presence of one or more particular symbols, etc.) is undertaken to accomplish a particular result. Each of these physical factors is selected in accordance to established rules (mental determinations) and performed with a particular feeling (astral) about the purpose of the ritual. While the various actions are physical and the selection of the various aids is mental, the actions are all accompanied by imagined (astral) projecting psychic power through astral energies and substance all directed toward a visualized image of the goal as already accomplished.

As you should perceive, the main action of a magickal ritual takes place on the astral; however the intended result will manifest on the physical. There has been inter-
action between all three planes, but the real action is on the astral accomplished through visualized images of forces and movements culminating in the final objective.

It is also important to understand that any ritual is intended to alter a natural sequence of events, just as is true of any action. Think about that for a few moments. When you plant a garden, till

the soil, work in a factory, advertise a product or service, write a book, shoot a gun in defense or offense, change the baby‘s diaper, etc. you are introducing controlled change that changes the natural sequence of events. What we are adding to the equation is an understanding of the principles of the astral world and its laws or rules of engagement which are as firm as those of the physical world, but in a different manner.

Compare the above descriptions of a magickal ritual to the general liturgy of prayers in most any of the organized religions where there is unemotional repetition of short memorized prayer phrases or responses. The power, if any at all, is contained in the visualizations by the priest or leader who quite often in this modern world has not been trained in ritual technology which mostly involves physical actions charged with emotional power under mental direction.

We have a very poor understanding of “emotion” per se because we associate emotion with specific feelings in relation to ideas and entities (people, pets, babies, enemies, etc.). Seen in the abstract, emotion is energy in motion, i.e. E-Motion. Emotion is the major source of energizing power, i.e. power that energizes and sets things in perpetual motion until blocked or exhausted by other action.

Examples of actions that set Energy in Motion include these:

Actions That Set Energy In Motion

From the Physical Plane: magickal and religious rituals, Masonic and other group rituals including graduation and award ceremonies, crowd actions at sports and concert events, chanting, visualized projections of images and colors, dancing, circumambulation, acting and story-telling, body pleasuring, sex magick and sex magick procedures, sexual activity, emotional speeches and orations, emotion-projecting prayer and worship,

deep and fast breathing, pumping gestures, jumping and leaping, etc.

From the Astral Plane: romantic plans and acts, declarations and projections of love and emotion, visionary and creative activity, emotional reactions of all types, joy and fear, dreams and fantasies, spontaneous creation of myths and images, dressing for pleasure, self and mutual pleasuring, artistic work, fiction writing, storytelling, etc.

From the Mental Plane: divination, research for and planning of rituals, strategic planning for any activity, creative thought, drafting of speeches and writings, creative visualizations, architectural and engineering drawing, software writing, creation of thought forms, interaction with occult structures (Tree of Life, Tarot Cards, Rune and I Ching Symbols, etc.), meditation and deep thinking, etc.

These are just some of the actions that can be used to deliberately set energy-in-motion although other than in magical and religious rituals there is little awareness of that fact. Note that even though these actions arouse and give direction to astral forms, they will exhaust their energies and collapse upon completion of their mission, no matter what the goal was. Even with the example of architectural drawing, the completion of the intended building exhausts the thought form that came into being during its design and construction.

A more enduring thought form may then come into existence that surrounds and contains the finished building, embodying its purpose, carrying its name, and growing from the feelings of its residents and others affected by its functions, etc. This will be truer of some buildings than others. A Masonic Temple, for example, has an identity with an entire movement and philosophy, constantly reinforced by rituals and by the ethically guided everyday decisions and actions of its members.

In a similar manner, a court house, particularly one home to a high court deciding constitutional issues, where justices act upon long-established traditions and the common law blended with contemporary statutory laws to accomplish the most fundamental factor in modern civilization: the Rule of Law. Religious and philosophical beliefs may guide personal behavior, but it is the Rule of Law that enables people to live together in a civilized community.

At a certain point, these new thought forms become autonomous and have a more or less permanent existence and a guiding influence. We may call these astral forms "egregores," even though the word is most commonly used with magical and religious groups.

Egregores: Autonomous Thought Forms

We will have further discussion of thought forms in chapter sixteen, but here we want to introduce several important variations that relate to egregores in the magical community although they more often exist and function outside of deliberate magical creation.

Egregores are also deliberate creations of inner plane forms, giving identity and purpose to magical orders and religious groups. These are contrived astral images loaded with the equivalent of a corporation's statement of purpose. By their very nature they are intended to attract resident astral knowledge and spiritual entities, protective forces, and to extend a kind of auric shell around the membership.

Aside from magical creation, an egregores' endurance as a unifying power is often the result of spontaneous rather than deliberate adoption.

The Astral "Uncle Sam"

In many cultures, there are particular images that have come to

represent the national character and symbolize pride and unity, especially in times of war and the need to secure popular support. A nation may have many representative images, but usually one stands out. “John Bull” for the United Kingdom and “Uncle Sam” for the United States are particular examples. “Liberty” as represented in the United States’ Statue of Liberty in New York harbor is also replicated as the Goddess of Democracy found in Hong Kong and other capitals, and in temporary creations during times of revolutionary stress in many other places.

One such was a thirty-three-foot tall statue created during the 1989 Tiananmen Square protests in China. While this statute was made only of foam and papier-mâché, its constructors hoped that it was so large that government forces would have to destroy it rather than merely dismantle it, and that the destruction would be seen by the media.

The students who erected the statue published this statement:

> At this grim moment, what we need most is to remain calm and united in a single purpose. We need a powerful cementing force to strengthen our resolve: that is the Goddess of Democracy. Democracy…You are the symbol of every student in the Square, of the hearts of millions of people. …Today, here in the People’s Square, the people’s Goddess stands tall and announces to the whole world: A consciousness of democracy has awakened among the Chinese people! The new era has begun! …The statue of the Goddess of Democracy is made of plaster, and of course cannot stand here forever. But as the symbol of the people’s hearts, she is divine and inviolate. Let those who would sully her beware: the people will not permit this! …On the day when real democracy and freedom come to China, we must erect another Goddess of Democracy here in the Square,

> monumental, towering, and permanent. We have strong faith that that day will come at last. We have still another hope: Chinese people, arise! Erect the statue of the Goddess of Democracy in your millions of hearts! Long live the people! Long live freedom! Long live democracy!

The power of an egregore can be transcendent, projecting the strength of the idea behind its construction to strengthen the will and purpose of its community.

Uncle Sam is particularly interesting as a father figure expressing wisdom, authority, and justice. While several presidents of the United States were sometimes referred to as the "great white father in Washington" during negotiations between white settlers (and the U.S. military) and Native American "Indians," the image presented was that eventually coalescing around the now familiar elderly but strong white male of stern visage dressed in elements of the American flag as first described in an 1816 allegorical book, The Adventures of Uncle Sam in Search After His Lost Honor by Frederick Augustus Fidfaddy, Esq.

The ultimate image of Uncle Sam was presented in the familiar recruiting poster created in 1917 by J. M. Flagg and used in both World Wars I and II to recruit millions of American males to fight to save the world.

Uncle Sam, Liberty, the Goddess of Democracy, John Bull, and other representations exist as dynamic astral forms that are containers of ideals and energy. They don't represent real people, and yet they have the character of real people magnified to god-like power. When Uncle Sam "wants you" to stand and fight for the country, he is calling you to action. When he marches in a Fourth of July Independence Day parade he represents all the ideals of America, and even in caricature (or, perhaps, because of it) those ideals are simply understood as expressing the very

meaning of being an American.

Each citizen is a soldier for freedom and democracy, the embodiment of enterprise and innovation, the messenger of a classless society, the marcher for justice and equality, and the bearer of the timeless promise of the self-made man.

Uncle Sam represents authority—not the authority of a repressive government but rather the strength to overcome repression. Uncle Sam represents our freedom from tyranny in the guise of a foreign power or of oppressive religion. Uncle Sam is like the leader who rolls up his sleeves to work alongside the farmer, the factory worker, the grocery clerk, and everyman enabling liberty and prosperity to all regardless of gender, ethnicity, religious affiliation, nationality, skin color, and manner of dress. Uncle Sam is really not the great white father in Washington but everyone's uncle who responds to your hopes with wisdom and kindness, the helping hand that lends support without dependency, the guiding light that lights many paths rather than a single narrow sectarian way, and who always inspires achievement in place of mediocrity.

This is the astral interaction that results from the power of our imagination to symbolize our dreams and aspirations. The image was inspired, and in turn becomes inspiring. We march with the image, not behind or beneath it. The image was not designed to facilitate domination as was the Nazi swastika but was freely created and adopted without contrivance.

Yes, other symbols have been created to serve as egregores but those embodying such negative energies as the twisted swastika are eventually self-destructive. This is one of the most fascinating discussion points about the nature of the astral world. The astral form containing destructive ideals will eventually lead its followers to self-destruct.

Other designs have been created or chosen as forms to

symbolize specific ideals to then attract and hold particular information in the same way we see that a file on a search engine draws contributions from thousands or even millions of writers. It may be that forms of this sort have served as Inner Guides, "the Secret Chiefs," "Masters of Wisdom," and Spiritual Heads, for various magical and religious orders. There the ideal takes on a functional reality that may or may not ever actually be composed of such highly evolved beings as the names suggest.

Gods & Goddesses and Elemental Forces

Others, as the gods and goddesses of ancient religions have likewise served, and can still serve, in a similar capacity.

These gods—even collectively—do not serve as the Great One God, Creator of All there is, whether perceived in the form of a Divine person or as the Universal Creative Principle and Force existing both within and beyond all manifestation.

The ancient gods and goddesses were and are personifications of the natural laws and forces of Nature—that's why there are so many of them, including local deities. Even when seen as beings in semihuman form, they are often combined in symbolic forms such as a lion-headed goddess, or a falcon-headed god to better represent the force they project. We may be too distant from the time and content of their ancient cultures to readily understand these "ancient and shining ones," but through ritual and meditation we can assume their form and become empowered with their essence.

The Mythic Hero

Another type of astral form is the projected image of mythic heroes such as the Norse Odin, while a lesser heroic form may be engendered by such a historic figure as the "father of our country," its first president, immortalized in the 1851 painting "Washington Crossing the Delaware" by Emanuel Gottlieb Leutze,

commemorating the December 25, 1776 American surprise attack on the foreign mercenary troops (hired by the British to do their dirty work) at the Battle of Trenton.

In more recent times we can perceive that the human consciousness is capable of many great things—man does commonly make his gods in his own image, and often these gods deliver the very messages their creators want to hear. Such perversity engenders the criminal acts of violence and murder "in the name of [God]" where children are made into suicide bombers, men are led to believe their acts of murder and terror will take them to Paradise, and "their" women are beaten and mutilated as the embodiments of evil.

Can we avoid such self-delusion while still employing the wonderful technology of astral projection and astral powers? Of course we can! With understanding of what is really involved, we can create abstractions to represent specific attributes in the same way we employ mathematical equations and scientific formulae to denote specific information and relationships, and controlling their interaction with the physical plane.

The message: Put yourself in charge, and not unknown gods—or, worse, known gods of hate and oppression.

Recognize, instead, that there is a creative force and that we, individually and collectively, are made in that image and empowered by the "Word" of an operating program that has guided our evolution from the beginning. We need to see ourselves as cocreators, as partners, in the fulfillment of the Great Plan living in our cellular and sub-atomic structure. Our need is to turn within for guidance without the prejudice of external ideologies. With clarity of consciousness we become one with the great consciousness that is universal and eternal.

The Astral Form Is a "Container" for Power

In all the examples we've discussed, there have been images formed in the astral substance through the imagination. When a story is told of a great hero such as General George Washington, an image is formed. When further stories are told, that image takes on greater substance and further definition, acting to contain all the emotion and energy related through the story telling.

When there is a painting or other picture of the hero widely circulated, that image is further refined and takes on some kind of "life." Everything about George Washington is attracted to the form so that it contains more and more information. Even the astral memories of Washington held by himself and others may be included in this growing container that is not unlike a file on the World Wide Web, or even on the "Cosmic Wide Web" in the case of truly great heroes.

Inevitably someone will ask a simple question: "What would George Washington do if confronted with this problem?" If the questioner is serious and pays attention, an answer may be received, perhaps in a dream or during meditation and seeming like inspiration. If the question was asked during a spiritualist séance, perhaps the answer will appear to come from the spirit of George Washington.

But Washington was more than a great general, he was also the first president of the United States, and before that he was a farmer and a surveyor and a married man. All these elements merge into the egregore that is "the Father of his Country." As the first president, he also engendered an egregore of "The President of the United States of America" that serves and inspires all the successor presidents who turn within for guidance.

This example of a Washington astral thought form/egregore shows how this happens spontaneously. In magical groups the creation of the group's egregore is deliberate. And in between these two examples we also see a semi-spontaneous creation for an

entity created by an individual or small group to become a guiding authority.

This may be more difficult to comprehend and for many people to accept. When there is an invocation of an authority under the name of "the Master JK" (for example) that "master" then enters into a thought form whether deliberately created or not. Under the right circumstances, "Master JK" may gather information and wisdom into the form and be able to communicate intelligently with the person or group responsible for his creation. What is truly amazing about this phenomenon is that the master may be greater in knowledge and wisdom than his creator because he is able to draw upon the wisdom of all great masters on the astral plane.

Perhaps a lesser example will be more convincing of the process. It once was common in certain families to refer to the grandfather as a figure of great wisdom and authority. When speaking to young children, a parent would invoke the grandfather: "As your grandfather used to say …" giving the message that the parent wants the child to accept. "Your grandfather would not approve of your association with that crazy person." "Your grandfather would be upset to hear that you are failing in algebra. Let's work together on the problem so that he would be pleased."

The family "Grandfather" takes on a dimension probably more substantial than he had in life, and the wisdom attributed to him can include modern things to which he was unfamiliar, but true nevertheless. The astral form of Grandfather attracts the wisdom needed for the position he now occupies in the family tradition. "The position makes the man."

Another example of such creation of an astral being is the fictional character "Sherlock Holmes," who lives in the astral world, and a modern-day detective could actually benefit by conversing with Mr. Holmes about one of the modern detective's

baffling cases.

Astral Power

What we are really trying hard to convey in this chapter, and indeed in this entire book, is that all real power and the control of that power is derived from our conscious perception of the reality of the astral plane and our increasing knowledge and understanding of its nature, of its rules of engagement, and of our direct interaction with it through our own astral body or consciousness.

You can read thousands of books on astral and psychic phenomena, and thousands more books on self-improvement, mind power, laws of attraction, magical techniques, and alternative medical healing, color magic, spell-casting, affirmations, etc., but the real secret behind all of these is this interaction between astral and physical functioning in a manner similar to our concept of mind-body interactions.

It is not merely "As Above, so Below," but also "As Below, so Above." Physical actions—whether of daily work, formal rituals, prayers, meditation, postures, visualizations, strategic planning, exercise, etc.—all reflect upward into the astral and the better we understand that and take responsible astral action of conscious control the more powerful will be the reverse flow from astral to physical.

Invoke the presence of a god (or great hero or other astral thought form), and something will happen! It behooves you to understand the nature of that thought form and understand the rules that govern interaction between the astral and the physical so that the "something" that happens is beneficial to your goals.

Here Is the Source of True Miracle Power

You have that power, but you must develop it, train for it, and learn those "rules of engagement" that are—in fact—your own

individual skills that come only through your own efforts and understanding.

It is advantageous to develop an astral library of information about these astral thought forms, gods and goddesses, heroes, and other astral "files." You can do this by reading and study, implanting it in your subconscious mind through meditation or through self-hypnosis.

Again the message: If you want to have a fully successful life and become more than you are, you need to treat the Great Work of Psychic-Development and Self-Empowerment with respect and devotion. It is your Life Work.

Astral projection is your "admission" to the school of higher education and now there are many opportunities for growth and development, and for success! Or, as we ourselves practice and teach, repeat this as a mantra three times:

Success! SUCCESS! SUCCESS!

SUGGESTED READING

Joe H. Slate, Astral Projection & Psychic Empowerment (Llewellyn, 1998).

Joe H. Slate and Carl Llewellyn Weschcke, Doors to Past Lives & Future Lives: Practical Applications of Self-Hypnosis (Llewellyn, 2011).

Joe H. Slate and Carl Llewellyn Weschcke, Self-Empowerment and your Subconscious Mind: Your Unlimited Resource for Health, Success, Long Life & Spiritual Attainment (Llewellyn, 2010).

Joe H. Slate and Carl Llewellyn Weschcke, Self-Empowerment through Self-Hypnosis: Harnessing the Enormous Potential of the Mind (Llewellyn, 2010).

Donald Tyson, The Magician's Workbook: Practicing the Rituals of the Western Tradition (Llewellyn, 2001).

Bill Whitcomb, The Magician's Companion: A Practical &

Encyclopedic Guide to Magical & Religious Symbolism (Llewellyn, 1993).

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14
CASE STUDIES IN ASTRAL PROJECTION

You can do as much as you think you can, but you'll never accomplish more …

—EDGAR A. GUEST

Mind, Body & Spirit: the Greatest of These Is Spirit

We are at any moment the totality of mind, body, and spirit; but the greatest of these is spirit. The physical body can wear out and mental functions can fail, but the spirit is forever. Astral projection, as a manifestation of the spiritual essence of our being, illustrates the capacity of the human spirit to function and grow beyond the confines of brain and body. From simply experiencing the splendor of a distant tangible reality to interacting with the highest realms of spiritual power, astral projection offers one the most exciting and advanced growth options available to us in this lifetime.

With the physical constrictions of the in-body state removed, astral projection provides clear, objective evidence of our continued survival and evolvement beyond death. Perhaps not surprising then, afterlife survival becomes an over-arching theme in many case reports of astral projection. Astral travel to the spirit realm and interactions with the departed as well as spirit guides and growth specialists are common. Aside from these, our case studies frequently included detailed reports of interactions with departed animal companions that provided, for our subjects, clear

and convincing evidence of the survival of animals in the spirit realm. For many of us, the afterlife would be far less than heavenly without the presence of animal friends and pets.

Our case studies of subjects who experienced the afterlife realm during astral projection often included vivid descriptions of impressive nature scenes: lakes, streams, forests, meadows, towering mountains, and spacious deserts. While some scholars have questioned the validity of these reports, the subjects themselves were fully convinced that the afterlife realm is enriched by the diverse manifestations of the natural world as we know it. Arguably, at least, the powerful resources of nature are critical to our evolvement, both here and beyond. By connecting to nature through astral projection, we can experience in an instant the empowering possibilities of both worlds. As with animals, the survival of the beauty and power of the natural world becomes essential to the richness and appeal of the afterlife realm. (See Connecting to the Power of Nature by Joe H. Slate).

The Empowering Rewards of Astral Projection.

Our case studies revealed a wide range of empowering rewards available to everyone through astral projection. By personally experiencing astral projection, either spontaneously or by intent, you will discover for yourself its potential to empower your life. In some cases, the empowering effects of the experience are immediate and profound; in other instances the experience initiates a new growth process with long-term rewards. Through practice and experience, you will refine the astral projection skills required to attain otherwise unattainable goals, both present and long range.

Drawn from our analysis of case reports, here are a few examples of the empowering possibilities available for everyone through astral projection:

Astral Empowerment Rewards

- Discover new meaning to your existence as a soul being
- Increase your understanding of the spirit realm
- Uncover relevant past-life experiences
- Experience the bidirectional endlessness of your existence
- View the detailed cosmic archives related to your existence
- Connect to higher spiritual planes or dimensions of power
- Interact with your personal spirit guides and growth specialists
- Interact with the departed
- Achieve a balanced, attuned state of mind, body, and spirit
- Accelerate learning
- Develop higher cognitive skills
- Solve personal problems
- Increase creativity
- Promote career success, financial security, and personal fulfillment
- Influence global events

Our analysis of case reports of astral projection revealed certain conditions that invariably enhance the empowering effects of the experience. Among the most important of these are a strong receptiveness to the experience and anticipation of positive results. Simply embracing the experience and allowing it to progressively unfold can itself be a peak experience with life-changing effects, as we will see later.

Astral Projection: The Question of Risks and Dangerous Encounters

Astral projection is a positive state of increased awareness, insight, and power. Rather than constricting awareness, astral projection expands consciousness and liberates us to reach far beyond the conventional limits. No longer confined within the borders of physiology, we become empowered through astral projection to

open totally new gateways for personal empowerment, growth, and self-discovery. The old limits of biological experience simply do not apply to the empowered astral state.

Rather than a state of vulnerability and risk, astral projection empowers us to engage with confidence new opportunities for growth, enlightenment, and power. In our research, not once did our studies suggest any negative effect directly related to astral projection. To the contrary, our subjects emerged from the experience fully convinced of the positive nature of astral projection. They concluded that claims of evil encounters and dangerous risks associated with astral projection are products of the subject's misconceptions, imaginations, or insecurities rather than attributes of the astral realm or the astral state. Nevertheless, certain negative perceptions related to astral projection and the astral realm are widespread. Unfortunately, they can severely limit the empowering possibilities of the experience.

Fortunately, as with other potentially empowering phenomena, the complexities of astral projection seek simplicity. The simple affirmation, "I am safe and secure during astral projection," can effectively facilitate an empowered state of receptiveness to the experience and help ensure positive outcomes. The misperceptions and apprehensions associated with astral projection are thus minimized or extinguished altogether through a simple affirmation that counteracts them. As a result, astral projection becomes a state of freedom and discovery rather than risk and danger.

Although the complex dynamics of astral projection are not yet fully understood, the evidence is clear: astral projection generates an empowered state of heightened awareness with empowerment possibilities otherwise unavailable to us. In our analysis of scores of case reports of astral projection, the subject's positive perceptions and expectations facilitated the out-of-body state and increased the rewards of the experience to include a sense of

connectedness to the spirit realm. Conversely, negative perceptions, including fear of the unknown, typically generated resistance and limited the empowering effects of the experience.

Practice & Experience

The subjects of our case studies consistently emphasized the importance of practice and experience. They reported that their ability to enter the out-of-body state, travel to specific destinations, and achieve designated goals through the astral projection consistently improved with practice. Any residual fear or uncertainties regarding the experience, including their ability to remain in charge throughout, were assuaged simply through practice and experience in traveling out-of-body.

Case Studies

The case studies presented here include the reports of university students as well as non-students who contributed to our research into astral projection. Our interviews with subjects and analysis of their accounts focused on objectivity in identifying the purposes, conditions, and underlying dynamics of their experiences.

Our case files included reports of both spontaneous and induced astral projection. Our analysis of the reports along with interviews with the individual subjects showed the astral experience to be consistently purposeful, although the purpose, especially for the spontaneous experience, was not always immediately evident, a finding so common we named it the "hidden intent." The origin of that intent was typically subconscious, particularly when related to the therapeutic role of the experience.

For each subject, the case study presented here was selected by the individual subject, typically from among other personal out-of-body experiences. Each study selected typically held special empowering relevance for the subject. You will note that the studies presented here often included astral interactions with the

higher cosmic realm as a source of both enlightenment and power. It is important to keep in mind, however, that astral projection has many other applications, some of them highly practical, such as exploring distant physical realities, locating lost animals, accessing hidden information, and activating dormant inner potentials, to list but a few.

Case Study 1. The Astral Fountain: Healing & Rejuvenation

This subject, an elementary school teacher, insists up front that astral travel consists of far more than simply observing distant physical realities. Interactions occurring during travel are, by her report, the key to successful astral projection. In support of that claim, she describes a very early out-of-body interaction with the astral realm that resulted in both profound enlightenment and an unforgettable infusion of power. Here's her account:

> I had just accepted a new teaching position when I was seriously injured in an automobile accident. Because of the severity of the multiple injuries, the prognosis for my full recovery was poor. That was to change, however, when during my hospitalization I experienced late at night a spontaneous astral journey. It began when I left my body and traveled skyward to a spectacular dimension of amazing beauty. Although I had previously traveled out of body using induction skills acquired in an undergraduate course in parapsychology, my past travels were commonplace compared to this one. I was effortlessly transported, as if by some higher force, to a distant setting with a central fountain that sent forth streams of iridescent green. Arching high above the fountain, the streams became a radiant green mist that fell gently to envelop my full body as I lingered at the base of the

> fountain. Instantly, I felt the healthful, rejuvenating effects of the mist that soaked deeply throughout my being. I knew immediately that I had discovered the highest source of healing and rejuvenating power. Fully infused with the fountain's green energy, I left the fountain and returned with ease to my body at rest in the hospital setting. Upon re-engaging my physical body, I knew with certainty that my full recovery was already underway. To the astonishment of attending physicians, I was soon free of all symptoms of injury.

In a follow-on interview, this subject reported many other visits to the astral fountain. Bathing in its green mist, she claims, is not only healthful and rejuvenating; it is for her a source of enlightenment and emotional renewal. By her report, solutions to some of her most complex life situations have emerged as she rested in the fountain's comforting spray.

Case Study 2. The Gathering Place and Erasure Therapy: Rejuvenation & Empowerment

In some ways similar to the case study above, Case Study 2 is a practicing psychotherapist who reports regular astral travel to a therapeutic astral setting she calls simply
the Gathering Place. She describes the Gathering Place as a tranquil place situated on an emerald astral plane where out-of-body travelers often gather around a crystal table to be rejuvenated and empowered. Through their interactions at the Gathering Place as their hands rest upon the luminous round table, the accelerants of physical aging and mental decline are effectively erased, a procedure she calls **erasure therapy**. She's convinced that mental health professionals of all orientations could benefit from erasure

therapy, both for themselves and their patients alike. Through their personal travels and interactions at the Gathering Place, they could acquire advanced therapeutic skills available from no other source. Equally as important, their therapy practice could include helping their patients master the astral projection skills required for travel to the Gathering Place. In group psychotherapy, they could accompany their patients through astral projection to the Gathering Place where they experience together the empowering effects of erasure therapy. She concludes, "Psychotherapy of the future, to be effective, must include innovative new approaches that recognize the therapeutic benefits of astral projection and interactions with higher astral realms of power." She attributes her excellent health, youthful appearance, and thriving private practice as a clinical psychologist to her regular out-of-body visits to the Gathering Place.

Case Study 3. Dramatic Confirmation: Love's Promise

This case study offers dramatic confirmation of the existence of the round crystal table and its empowering properties. The subject, a twenty-three-year old math major, had previously participated in our past-life regression research designed to explore the relevance of past-life experiences. During past-life regression, he discovered that he had been an attorney who practiced law in Athens, Alabama in the early 1900s. As a young lawyer in that lifetime, he had met and fallen in love with a beautiful opera singer, Abigail Burns, during her visit to his city. Unfortunately the brief relationship would soon end in tragedy. Before leaving campus by carriage late at night following her performance of Verdi's La Traviata in McCandless Auditorium at Athens State University (then College), she promised the young attorney that she would return following her next engagement in a nearby city. Unfortunately, she was fatally injured that very night when her

carriage overturned during a severe thunderstorm. According to legend, her last words were, “I’ve a promise to keep. I must return.”

Here’s the student’s account of his out-of-body interactions with Abigail:

> As soon as I left my body, I saw a round crystal table at a great distance in a beautiful setting that I recognized as the astral realm. Although I had not previously heard of the crystal table, I felt compelled to travel directly to it. Upon approaching the table situated in a beautiful garden, I recognized Abigail standing at the table with a hand resting upon it. In the glow of the table, she smiled and reached forth as if inviting me to come forward. Enveloped in the radiance of the crystal table, we embraced and experienced again the splendor of our brief past-life love. Within a few moments, I was reunited with my physical body, but the vivid experience at the round crystal table lingered in my mind.
>
> What did I learn from the experience? First, it offered validation of my earlier past-life regression experience. Second, it provided clear confirmation of afterlife survival in the spirit realm. Third, it offered confirmation of the existence of the crystal round table as a gathering place in the spirit world. Fourth, it offered convincing evidence of the reality of astral projection and our capacity to use it to experience other realities. Finally, it provided evidence of the empowerment possibilities of our present interactions with the spirit realm. While the skeptic may discount this experience as imagination gone wild, it was for me a peak experience with possibilities beyond imagination.

As an interesting footnote, a research effort conducted at ASU appeared to validate the legend of Abigail and this student’s

personal account related to it. It must be noted, however, that over the years, several other ASU students have come forth claiming they were the young attorney who fell in love with the beautiful actress in a past life. Nevertheless, the apparition of Abigail that appeared shortly after her death at a third floor window of McCandless Hall continues to appear periodically till this day.

Case Study 4. Dynamic Amalgamation: Overcoming Depression

This subject, a professor of physics, presented an early history of depression accompanied by feelings of inferiority that began in childhood and extended into his early adult years. At age sixteen, he made an attempt at suicide which he attributed to a combination of factors, including parental rejection, an inferiority complex, and the break-up of a relationship. Notwithstanding these stressors, he graduated from high school with top honors and received a full scholarship from a prestigious university.

As a college student, depression and feelings of inferiority continued to hound him. Finally, he enrolled in an elective course in altered states of consciousness that included astral projection as a self-empowerment strategy. He quickly acquired the skills necessary to travel out-of-body and decided to use astral projection in his effort to overcome depression, or at least find better ways of coping with it. Here's his account of the out-of-body experience:

> It was late afternoon while resting in my dorm room that I decide to travel out-of-body to a favorite retreat—a primal forest near my childhood home. Upon approaching the familiar forest, I felt at once a powerful connection to its sights, sounds, and refreshing smells. Its towering trees brought back childhood memories of walking along its trails and exploring its streams and massive rock formations. As I

ventured deeper and deeper into the forest, I was struck by its fresh energies that seemed to embrace my presence. Though out-of-body, I reached forth and stroked the star-shaped leaf of a towering sweet-gum tree and felt instantly connected to it. I then placed my hands on the tree's massive trunk and felt a powerful surge of the tree's enormous energy soaking deep within.

I then walked farther into the forest along a trail that had a canopy of emerald green leaves arching high above it. As I continued my out-of-body trek, I left the trail and soon came upon an open space with a lone tree at its center, an ancient red oak towering far above the surrounding trees. As I approached the tree, I became increasingly infused with its powerful energy. Finally, placing my hands upon its rugged trunk, I experienced a surge of power, first in my hands and then throughout my total being. I felt at once connected not only to the forest but to the highest realms of the cosmos. I experienced in an instant an empowered state of complete attunement. With my hands as my body's antennae resting upon the tree as earth's largest and oldest living thing, I felt a powerful sense of renewal and wholeness throughout my being. All feelings of depression were lifted as a new sense of self-acceptance and peace emerged. I became, in a word, empowered. The weights of inferiority, rejection, and insecurity had vanished.

I then felt myself being drawn to a distant dimension with planes stretching outward as far as the eye could see. Instantly, I experienced, as with the tree, a profound oneness with that unknown reality and its multiple planes. No longer simply an observer, I became an interactive participant in a merging of energies that I call a dynamic amalgamation. When the interaction had run its course, I returned effortlessly to the

towering tree in the forest's open space, and from there back to my campus office where I was re-united with my physical body.

Reflecting upon the experience, I knew that finally I was free of the baggage of depression and inferiority that had limited my progress for many years, but more importantly, I experienced for the first time a profound connection to the highest realms of power. Though a physicist, I cannot fully explain the experience. Nevertheless, the out-of-body experience was a life-changing event that gave new direction and meaning to my life. Today, I occasionally repeat that out-of-body trek, always with the same wonder of that early astral excursion.

Case Study 5. Authentic Awareness: Empowering Astral Interaction

This subject, a registered nurse, reported an out-of-body experience in which she, by her report, interacted with the astral realm which she believed to be the spiritual counterpart of physical reality. The experience began spontaneously during the hypnagogic stage of sleep when she felt her astral body slowly disengaging from her physical body and gently rising above it. Having completed a course in astral projection at Athens State University, she decided to embrace the experience and allow it to further unfold. Almost instantly, her physical surroundings became illuminated as she continued to ascend slowly beyond them. Finally, from her overhead position far above Earth, she looked down upon the planet to see it enveloped in bright energy. The glow which enveloped the full earth was, by her report, not unlike the glow we call the aura enveloping the physical body. Here's her description of what happened next.

> As I looked down on the planet Earth enveloped in brilliant energy, I suddenly experienced a state of complete freedom which I called "authentic awareness". It was a state of freedom from the distortions and limitations of physical perception. It was a state of full awareness of the non-physical essence of physical reality. As I lingered in that state, my attention suddenly shifted from the earth to a nonphysical dimension characterized by multiple creative forms, each different in color, shape, and radiance. As I surveyed the many forms, a certain orb of unusual brilliance suddenly caught my attention. It was an orb of radiant green, the color often associated with healing. Although the orb appeared to be at a considerable distance, I reached toward it and became instantly drawn to it. No longer simply an observer, I actively interacted with it to experience a powerful infusion of energy. Finally, with the interaction and infusion of energy complete, I returned with ease to re-engage my physical body resting peacefully in my shadowy bedroom setting. Reflecting on the experience before drifting into restful sleep, I knew that the out-of-body experience with the bright green orb had connected me to the highest sources of power.

According to this subject, the out-of-body experience dramatically influenced her career as a nurse. It was, in her words, "both life-changing and career enhancing. It was the beginning of an empowering astral interaction that continues to this day."

Case Study 6. Beyond the Limits: Interdimensional Interaction and Psychic Development

There exists strong evidence that appropriate practice increases and fine-tunes our ability to travel out-of-body. This concept is noted

in this case, a business major enrolled in a parapsychology course titled Interdimensional Interaction at Athens State University (then College). The course was designed to develop the student's potential for interacting with other dimensions of reality. Astral projection as a personal empowerment strategy was among the major components of the course. Here's his report:

> I have been interested in unexplained phenomena for many years, mainly because of the exceptional giftedness of my mother. She was known not only for her ESP abilities but also for her PK capacity to mentally move objects and accelerating healing. I have seen her, for instance, quickly close an open wound such as an accidental cut by simply placing her hand briefly over the wound but without touching it. She also used astral projection to interact with, according to her, other physical realities, including other dimensions as a source of higher power. She always emphasized, however, that her unusual powers were effective only when used altruistically—any attempt to negatively use the power generated, in her words, "anti-clout" that either blocked the power or expunged it altogether.
>
> Given that background, I decided to enroll in Dr. Slate's course in Interdimensional Interaction, not to acquire any personal psychic power, but simply to increase my understanding of the paranormal. The results, however, far exceeded my expectations. I learned through practice using ESP cards how to exercise my precognitive, telepathic, and clairvoyant skills. I learned to use my psychokinetic abilities to bring stationary objects, such as a pendulum suspended under a bell jar, into motion. But more importantly for me at the time was the development of my astral projection potentials, especially those related to Interdimensional

> Interaction. Through guided practice and experience in the classroom setting, I developed the astral projection skills required to travel to other dimensions of
> reality and interact with them as a source of personal empowerment. In my career today as an executive in a large industrial firm, I continue to apply those skills in positive ways that enrich my life and contributed to the good of others.

This subject, by his report, attributes the success of his company largely to Interdimensional interaction concepts which he has incorporated into his management development program. The concepts and skills related to Interdimensional interactions have accelerated the growth of the company and expanded its reach, in his words, "far beyond the limits the real world."

The Reality and Relevance of Astral Projection

Astral projection, like many other paranormal concepts, is a complex phenomenon with underlying dynamics not yet fully uncovered. Although controlled laboratory research (see chapter five) has increased our understanding of astral projection, serious researchers admit that we have, till now, barely tinkered at the borders of this interesting phenomenon. Unfortunately, many researchers, among them psychologists, reject the very existence of astral projection, attributing personal claims of it to hallucination or irrational flight of the imagination. Nevertheless, on-going research including analysis of case reports as well as highly controlled laboratory studies of the phenomenon provides abundant evidence of not only its existence but its empowerment potential as well.

Notwithstanding the controlled research supportive of astral projection and its empowering effects, personal experience remains the most convincing evidence of its existence and

relevance. Throughout our studies of astral projection, including both laboratory and analysis of case reports, only rarely did a subject question the out-of-body nature of the experience and its relevance to personal empowerment. Enlightenment, attunement, balance, and enrichment were often listed among its rewards. For the case studies cited above, all subjects gave their personal experience the highest possible rating on a five-point scale designed to evaluate the reality and relevance of astral projection.

Conclusion: Astral Projection Is Practical, and Empowering

Like all human behaviors, astral projection is consistently purposeful and empowering. Through practice and experience, you can master your ability to travel out-of-body and interact with other realities, both physical and spiritual. As we've seen in these case studies, astral projection can empower you to achieve important personal goals, including those related to career advancement, self-development, and social relationships, to list but a few. It can build self-confidence, increase feelings of security, and generate a state of attunement that adds new meaning to your existence. Arguably at least, astral projection is among the most effective ways known to maximize your potentials and accelerate your total growth. Fortunately, astral projection as a growth and empowerment phenomenon is now available to everyone. As Ella Wheeler Wilcox once wrote:

Sweep up the debris of decaying faiths;
Sweep down the cobwebs of worn-out beliefs,
And throw your soul wide open to the light
Of Reason and of Knowledge. Be not afraid
To thrust aside half-truths and grasp the whole.

[contents]

15
SOURCES OF KNOWLEDGE, ADVANCED ASTRAL POWERS & THEIR APPLICATIONS

We're Not Going Anywhere! We're Already There/Here.

In a sense, we're going to start from the beginning.

The first thing we need to understand is that we don't need to go anywhere to apply our natural astral powers—we are already there, and there is here! Even when we are active, awake, and consciously centered on the physical plane, we are also conscious on the astral when we think, contemplate, feel, desire, speculate, plan, set future goals, and visualize. The more we actually work and integrate our powers and skills the more we do extend our consciousness to the astral and automatically draw whatever is needed from the etheric, mental end even the causal planes.

At this point as we discuss "advanced" sources and "higher" planes, we have to start a shift in perspective away from the structure of the basic world-view in which we raised and be less rigid and less pre-determined in how and what we will experience on the higher astral levels as we approach the mental and even causal planes.

The 19th-Century View of the Universe Is Not the "Reality" of the 21st!

The divisions we've seen in chapter one's Chart of Seven Planes

and Seven Bodies, and the way we talk and think about these planes is purely arbitrary. Such charts are helpful to our understanding but they also embody the limitations of eighteenth-, nineteenth-, and early twentieth-century science and esoteric thought and writing. Much of this is a reflection of Imperial British Colonialism in India with the background of class and caste, social and political hierarchy, Indo-Aryan racial concepts, the semi-religious belief in the "White Man's Burden" to bring Western (Christian) Civilization to the "undeveloped" world, and even masculine gender bias as demonstrated by the Theosophical and Western Esoteric terminology referring to spiritual authorities as Masters and Lords.

The science of the period and general mechanistic world view of boundaries, structure and rigid divisions, solid matter, the role of biology and brain, and monotheism's belief in Humanity's (Man's) "rightful" domination of Nature, and the general misinterpretation of evolution as defined only as "Survival of the Fittest," are also reflected in the still common esoteric terminology and understanding.

20th-Century Quantum Physics: An Interactive Role for Consciousness

It is with the advent of quantum physics and a new understanding of the sub-atomic world
of non-particles, waves, multiple energies, the active role of consciousness (the effects of observation and intention on states of matter and energy), along with the new (mostly Jungian) understanding of the psyche, the mythological roles in the development of the archetypes, the existence and influence of psychic energies, and the growing awareness of the importance of environmentalism in the reintegration of humanity in Nature, and the emergence of global communications and culture that we

"come back" to a non-religious spirituality and more complete esoteric understanding of "Humanity in the Universe" with renewed respect for such occult traditions as Qabalah, Nature-based religions, Shamanism, the Tarot, Divination (with Runes, the I Ching, Geomancy, etc.), Ceremonial Magick, and of the subtle bodies, energies, inner planes, and personal growth and development.

The Nature, and Color, of Astral Substance

The second thing to understand is that when working with pure astral substance, we want to see it as pure white. The astral substance is colored by emotions and memories as well as by the energies and entities of different levels. For our purposes of personal creation we want the pure substance free of leftover memories and emotions of other astral travelers. It's like starting our laboratory work with pure, uncontaminated water, aqua pura, the universal solvent. You can surround yourself with the pure white light of psychic protection, and you can also call quantities of it into your presence to use—like clay—to mold into shapes and images. On the physical plane you can practice by creating a resistant energy between your palms as you move them closer and then farther apart. If you visualize that energy between your palms as a ball of white light, you are working with a weaker denomination of this astral substance.

Just as you can create a body of light as in chapter eleven, you can create images—thought forms—of this astral substance. This very important operation with be discussed later in the chapter.

It's All Together, Here & Now
Physical/Etheric, Astral & Mental/Causal

The third thing is to know that when working on the astral plane we are actually drawing from other planes as well—particularly the

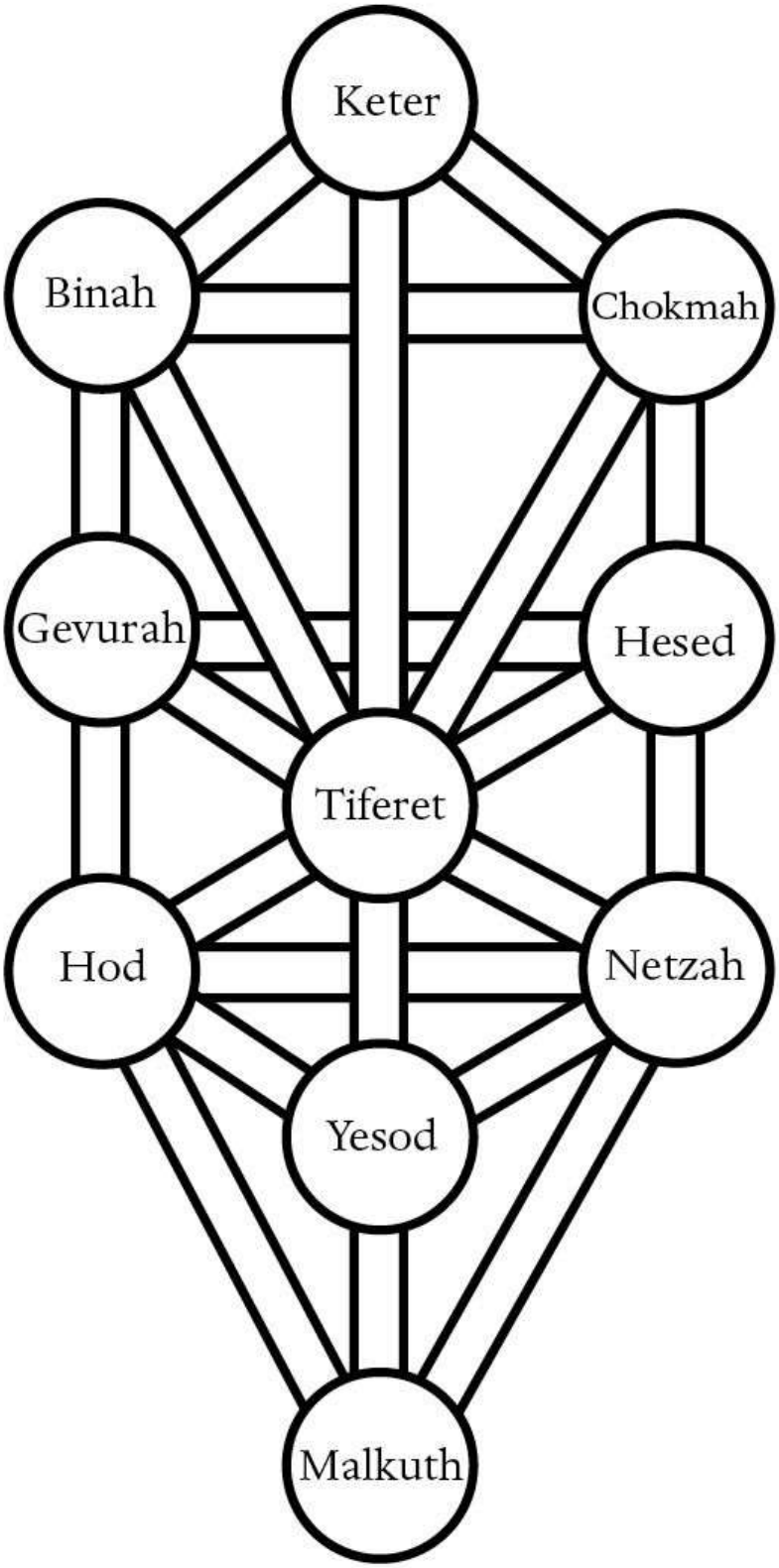
etheric and mental, and also the causal plane. There are no sharply defined rigid boundaries between the planes nor are there any sharp divisions within the planes although there are the various levels and sub-planes within each plane.

The corollary to this is that "all" the resources of the Universe are within our reach—yours, mine, everyone's. The "all" is qualified because you have to know what those resources are and you have to know what you want and then do whatever work is called for to open those resources and obtain what it is you want.

It's All In Your Imagination! Even the Monster In the Closet—And His Banishment!

Have you ever heard that phrase before? At one time or another, it's probably been said by every parent to every child. Or, it's only your imagination! It's used to convince the child that there's no monster in the closet, no boogeyman lurking outside the window, no whatever the current scary creature on television may be.

The trouble is that the parent doesn't teach the child that whatever is in the imagination can also be imagined away. Imagination is one of the greatest of astral powers and the key to opening the resources of the inner planes to meet your needs.



Qabalistic Tree of Life

All the Resources of the Universe Are Within Our Reach

Look at the illustration of the Qabalistic Tree of Life, which represents the whole of the manifest Universe. At the bottom is the sphere, Malkuth, representing the physical world, and just above it is Yesod, which represents the astral doorway to the entire Universe. Yesod is the home of imagination. Hence, the imagination is the doorway to everything that can be imagined.

If you can imagine it, it is real. Just how real depends on how well you can imagine. That's the crux of the matter.

Your Memory Library and the Astral Signatures Found In Auras & Photographs

The strength and accuracy of an imagined image depends on:

1. The vividness and minutiae of the image details
2. The automatic recall of similar images from a "memory library" that act to support the imagined image

Let us suppose you have imagined a three-story Victorian mansion constructed of reddish sandstone, with round towers at each corner, a magnificent north-facing skylight in the roof, a long driveway through pine woods, with a porte co-chere over the driveway at the front entrance, and an immense carriage house and garage in the rear. This image is important to you for reasons we don't need to go into—perhaps the house will be featured in a novel you're writing, or an article on historic architecture, or maybe it's a dream house.

What have you got? As far as having an astral image that can actually be useful to any project, so far you have only an empty shell without substance. This image is of an old mansion, probably somewhat loosely based on a real house you saw in the past.

You need to fill in details. You may find a few newspaper and

magazine photographs of similar mansions that give you different perspectives from the sides and back of several buildings, maybe even an aerial view too. From these you get impressions about the stonework, slate roofs, the typical landscaping, possible relations to neighboring houses (if any), etc. You still haven't imagined anything about the interior, but with increased views from the outside you can begin imagining the rooms, stairs, materials, furnishings, and so on. Your imagined mansion is moving from a limited two-dimension impression to three dimensions, and actually a kind of fourth dimension: the inside.

Here's another approach: we will say that over the years you have collected photographs and drawings of other stone mansions because you like them. More important, you have studied these images and can recall them in your memory. The recalled images add substance to your imaginary mansion. The fact that you have them in your memory means that there is existing astral substance that will automatically begin to fill in the details of your imagined mansion. The fact that they are actual photographs of real physical world houses means that some of the astral imagery, energy, and inner dimension of those houses are included in the memory images.

Dolores Ashcroft-Nowicki, in Magical Thought Forms, coauthored with Herbie Brennan, recommends the practice of collecting a variety of images of interest to you, organizing those images by their subject, studying them and memorizing them so that they can be readily recalled. We refer to this as "Your Memory Library." Because this library resides in your memory rather than only in a physical location, it is automatically part of your conscious as well as—more importantly—your astral resources.

It is common for a writer to remark to him or herself "Now where do you suppose that came from?" in relation to something just written. The reality is that we all, throughout our lives, are

building a memory library inclusive of all the images that have attracted our attention—images that have both good and bad feelings attached to them. But, when you consciously and intentionally select and organize interesting pictures, those memorized images are many times more powerful as astral resources than those casually observed watching movies, walking through museums, experiencing in daily life, etc.

There used to be "amusing stories" told of primitive people believing that if they allowed their faces to be photographed their Spirit would be captured and could be used by evil magicians to injure them. As you can understand, there is a degree of truth to that fear—overblown though it may have been. Even though it is not visually apparent, a photograph does capture more than the physical image. It includes a reflection of those energies making up the etheric and astral auras, the astral impression of emotions and character of the person involved, and those related to any physical object photographed—even something of the work of an architect, crafts people, construction workers, the generations and layers of residents, the impressions of guests and visitors, and so on.

Any physical "something"—human, biological, botanical, mineral, natural or manufactured, living or dead—actually contains far more than the visible appearance suggests. "Anything" radiates some kind of an aura and the energies and substances making up the body or object of the thing itself likewise have an astral signature that can be read and even manipulated by persons or other entities possessing the necessary training and understanding empowering them to do so.

Ideally you now have gained some understanding of the mechanism involved in your memory library—both those images that are casually retained and more especially those that have been studied and deliberately organized and retained.

Going back to your imagined mansion: To the extent that you

have drawn, both automatically and deliberately, upon your memory library and other astral resources, you now have a much more substantial image, and one to which you can more easily add necessary details exterior and interior, your personal energy (emotion, enthusiasm, intention), and actual astral substance.

Depending upon your desire and intention, this enriched imagined mansion can move toward physical manifestation. It may happen that you find a similar mansion that you rent, buy, or inherit; you may be able to have it constructed for your use; or some other kind of physical manifestation may result from the astral causation. Or, if physical manifestation is not your intention, perhaps it will serve as the astral anchor for a novel you are writing, or as an astral library or temple, or some other container for your astral working.

Important!
Imagination & Memory Work Together

Imagination and memory work together like a team of horses pulling a chariot. What you remember provides fodder for what you can imagine and visualize. What you can visualize is the basis for visual memory. Word memory is different but nearly the same.

A trained imagination and a trained memory go hand-in-hand to provide the foundation for accessing sources for astral learning and for developing and applying advanced astral powers!

Training Imagination, Training Memory

How do you train your imagination?

By practice!

It's the same thing you did back in chapter eleven with constructing the body of light. Essentially you take a body or object, carefully examine the details from all sides, remember them, close your eyes and visually recreate the subject you are

imagining, and then open your eyes and to check and verify how accurately your visualization matched the real thing. Record your progress and repeat.

How do you train your memory?

By practice!

It's the same thing you did back in chapter eleven with etheric training. Essentially, you take an object or scene, carefully observe the details, remember them, close your eyes and visually recreate the subject you are memorizing, and then open your eyes to check and verify how accurately your visualization matched the real thing. Record your progress and repeat.

Did you notice how similar these two training programs are? Did you notice how important visualization is in both cases? Did you notice how important it is to check and verify the accuracy of your work? And, do you realize that if you religiously carried out the two programs in chapter eleven you have actually accomplished what is called for here?

The principles of mind training are very simple, but it requires practice, practice and more **practice** to have consistent and dependable results. Through practice, you are establishing channels (or pathways, circuits, patterns) in the etheric substance that focus mental and astral actions into the physical level.

The Akashic Records & the Cosmos Wide Web—the CWW

This discussion of your astral library provides a natural lead-in to a discussion of so-called "Akashic Records."

Esoteric lore, East and West, often pictures the Akashic records as many volumes in a near infinite-sized library on one or other or more inner planes. Sometimes you may be allowed to wander among the many shelves and rooms of this library to find

information you desire; other lore provides for a "card catalog" to locate the desired volume(s); other times there may be a "call desk" and messengers that will locate and bring to you the needed information.

On the inner planes, forms can change, and on higher planes forms become less distinctive or unnecessary. Our need for forms and bodies is left-over from our experience of physical reality and becomes more a convenience to our work than a necessity. So let's, for our own modern preference, imagine that the Akashic records reside on the "CWW—Cosmos Wide Web," in infinite-sized and capable data banks and servers, accurately accessed through a speed-of-light fast astral search engine using an imaginary keyboard and large monitor to call up and see those records we desire.

Whatever your preference is—a glorious library with infinite shelving, an efficient office with file drawers as far as the eye can see, the many-roomed New York apartment described in the introduction to Self Empowerment through Self Hypnosis, or this Cosmos Wide Web—it is through the use of your trained imagination that you call up images from your memory library, and from the Akashic records.

But, what are these "Akashic records?"

As they often say in response to some indefinite inquiries: "That's a very good question!" The question is good because the answer is bad. It's bad because it isn't definitive and has to be qualified. And what you find in the Akashic records likewise may have to be qualified. Indeed, it has been said that there are no good answers, only good questions!

Unfortunately it is not that the information source is bad but that it is easily influenced by the viewer. According to the tradition, these records are located on several levels of the inner planes, starting with the astral. We have already established that the astral

is made up of emotional substance, and as a result at least some of what you want to see is exactly what you will get. It takes considerable self-discipline and self-knowledge to maintain objectivity in an emotional environment.

There is an astral counterpart to everything physical, but that counterpart is as fluid as are emotions. Let's suppose you see the astral counterpart of your old green automobile while at the same time you wish you had a newer red sports car. It isn't that your old green sedan will actually turn into a red Corvette, but you may let your focus change from the old car you have toward the new one you would like to have.

Everything that has ever happened is recorded in astral substance, but history is always rewritten by the victor after a war, and history tends to be re-written and reinterpreted to fit various prejudices and biases with every new book written. Even in the physical world, yesterday's historic "facts" change with the discovery of new artifacts or previously unknown records, the discovery of new scrolls in old desert caves, or existing artifacts are suddenly examined with new techniques that reveal past alterations or changes the science of their dating.

Akashic records start with a fundamental event, but layer after layer of altering perceptions become part of that record. How you ask a question may give you a different answer, and the more knowledgeable you are about the particular event or thing, the better will you be able to establish the level from which you want your answer.

In addition, you may need to carefully qualify the question. Should you be interested, for example, in Britain's King Arthur, you need to distinguish between the mythical King Arthur and the historic King Arthur, and perhaps other distinctions based on various academic and literary views.

Good Question?
Maybe a Bad Answer, or
Maybe a Good Answer!

It can be very confusing because of the vast quantity and range of quality of the information available in the cumulative memory of the human race. Once again we can turn to the Internet to better understand the nature of the Astral Plane. You can look for particular information via a search engine and get hundreds or thousands or even hundreds of thousands and millions of results. As you read through those results you may find conflict after conflict, opinion after opinion, and even fantasy after fantasy. As you read, some of the information will appear more solid than other, and as you read and employ your own knowledge related to the subject, a usable picture emerges, providing a suitable (good) answer to your question.

The more you know, the better you are at handling what you don't know!

Just don't expect an absolute, final, forever true, without a doubt, unchanging answer. It may be that only God knows the true answer, and She's not talking!

Understand that the best you may have is a working answer. And the more objective you were in asking the question and in sorting through the information gathered in response to the question, the better will the answer work for your needs.

Asking the Question
Looking for the Answer

While you can use any of various kinds of divination, you can also follow the earlier suggestion of imagining a computer keyboard and monitor, or a library, or an infinite array of file cabinets. Or you can go into a deep meditative state. The astral plane, and other

planes, is always part of your personal operating vehicle. You don't have to project anywhere to get there because—as abstruse as it sounds—there is already here.

What are you looking for?

The more specific and objective your question is, the better. However, the more open and subjective you are to the answer, the more likely you will get a good working one. Don't impose your expectations on the answer(s) that will come into your awareness. What becomes your "working" answer may—as you apply it—evolve into an organic series of answers as your work progresses.

The "Book of Life"

There's an additional role for your personal akashic records that comes after death in preparation for your next life. Michael Newton (see the reading list at end of this chapter), a hypnotherapist who has worked with subjects in deep states, has many accounts of the Akashic record, or "Book of Life." As preparations are made for the next life incarnation, lessons learned and lessons to be learned are reviewed and decisions made. There are choices possible for the physical body and gender, family associations, karmic debts, even memory skills that may be retained as intuition.

New Sources of Knowledge Using Astral Tools

The further we engage with the astral world, the further inward we go to find answers to our questions and to explore the reality of Self and of the Cosmos, the more we have with which to form our own vehicle to carry out our program.

There is an important realization that eventually comes to a serious student of spirituality—To advance in our development we must become more self-assertive. We are "here" to learn and grow, and this requires:

1. Understanding and "command" of the physical/etheric plane
2. Emotional self-control (the astral plane)
3. Mind training (the mental plane)
4. True psychic empowerment (the causal plane)

With these, we are able to create and visualize tools that help us access inner plane sources of information and to organize structures that will enable us to bring change in our physical environment.

Clairvoyants have at times formed telescopes and microscopes of astral substance to assist them in distant seeing and microscopic perceptions. These astral tools assist the user in the same way that physical tools—dowsing rods, pendulums, tarot cards, crystal balls, mirrors, etc.—can: they extend and augment psychic skills. The difference is, of course, the point of the discussion: through emotional and mental training, we can construct inner plane substance and use it in a variety of ways—but primarily to obtain information and exercise our creative powers.

Astral Doorways: The Tarot, Runes, Tattwas, the I Ching, Mythic Figures, Archetypes

We most commonly associate the Tarot, the I Ching, Rune cards and many similar tools with divination—but, we don't readily associate divination with astral projection. Once we accept the concept that we don't need to project in order to shift and focus consciousness, and that a body on the inner planes isn't necessary in the way a physical body is, we can accept some further concepts.

The human being is by nature an inventor and user of tools to extend his or her reach, strength, and senses. We are also learning that all physical objects have astral counterparts, and actually mental and causal counterparts that reflect the nature of those higher dimensions. We see that physical things and actions do

extend upward, and things and actions on the inner planes do extend downward toward physical manifestation.

The physical use of a divinatory tool (and other tools) is enhanced with the knowledge of its action on the astral plane, and the conscious astral manipulation of the tool's counterpart brings consequences, both downward into the physical and upward into the mental. This knowledge is the foundation of religious and magical ritual, understanding of paranormal phenomena, and the development of psychic powers into psychic skills. And it is through this so-called "occult" knowledge and its applications that we become more than we are and become self-empowered.

With this new understanding, a physical and astral tool can become something different, and a divinatory tool may be used as an astral doorway into specific inner worlds as defined both by traditional correspondences or our self-determined intent. Each Tarot card has extensive lists of correspondence largely established or recognized by its position on the Qabalistic Tree of Life. Other factors involved can include mythological associations, the intention of the artist, layers of interpretation by Tarot readers, and intuitive recognition of pertinence to the user. All of these usually will be identical with those Qabalistic correspondences.

An astral doorway functions like a travel itinerary: taking the user to designated places and events, meeting entities native to the venue, accessing specified resources and guiding their application, and even channeling specific powers into physical manifestation. We enter the astral doorway enlarging the image and then projecting or simply visualizing ourselves as moving through it to whatever lies beyond. It may at first lack definition and seem misty and then becoming definitive scenery. We turn to see the doorway so that we can return the same way (but, not to worry, we won't get lost in the astral world) and then move into the scene and absorb its meaning.

Other images—Tattwa symbols, I Ching hexagrams, Rune symbols, Voudoun Vevers, Tantric Yantras—can likewise serve as doorways accessed through active meditation.

Kabbalistic Path: Working on the Astral Active and Moving Meditation

An extension of this is known as "path-working" in which a moving meditation proceeds from one specified set of correspondences on the Tree of Life along a connecting path to another set of correspondences. These sets are the Sephiroth or spheres on the Tree of Life and are associated with the Tarot's Minor Arcana, while the paths are associated with the twenty-two Major Arcana.

All such forms of active and moving meditation access both knowledge and powers, and among the dynamic strategies of growth and empowerment. The same methods can be used with other established images like those of deities, mythic heroes, archetypes, sacred places, and natural scenes.

Thought Forms: Their Nature & Function

We've already begun to discuss the realization that mind is more than the physical brain, but now we have to consider how the mind functions on the mental plane. Bear in mind that we don't have to project the mental body to draw upon the resources of the mental plane. Just as physical action involves physical substance, and emotional (feeling) involves astral (emotional) substance, thinking involves mental substance.

Each plane—hence the substance and energies of that level—has its own rules, but at the same time there is always interaction between the planes as the Universe is a unity and we are part of that unity. Physical brain activity is reflected upward to the mental plane, and mental plane thinking is reflected downward to the

physical brain as well, bringing about activity in physical matter. A thought form includes both mental and astral substance, and—after a different fashion—physical substance in the form of brain activity, even though the main action of a deliberately created mental thought form or a spontaneous created feeling thought form may take place on the inner rather than the outer plane.

All thinking, no matter how trite or fleeting, creates thought forms. Most of these endure for only a short time with little effect on surrounding mental or astral substance, and just barely register in the physical brain. Other thought forms that are reinforced by use and repetition—such as study, discussion, fantasies, addictions, fixations, etc.—have a longer duration and even grow by attracting similar thought forms from the mental and astral planes. Other thought forms of near permanent duration have been created in the re-telling of fables, perennial stories, folklore, and myth.

These were not intentionally created to produce specific action and are not likely to do so.

With the advent of modern politics, science and technology, industrial and even commercial thought and strategic planning, we do unknowingly produce thought forms that result in various physical actions. Commercial planning, with brand and seasonal marketing, produces thought forms often of considerable duration such as the Christmas Santa Claus, the Easter Bunny, Halloween witches, vampires, goblins, and all things scary; others still more overtly commercial may have less durability such as the Duracell battery-powered bunny that keeps on running and drumming long after competitors' batteries have died.

President Obama's political strategy embodied in the phrase "Yes, we can," created a thought form leading to his election as so many young voters, women, and minorities identified with it. Engineering and architectural designs produce thought forms that result in construction activity. Scientific thought often leads to

technological breakthroughs that in turn lead to product manufacturing involving a whole sequence of thought forms leading from one to the next. Again, it is important to understand that these thought forms were not deliberately created with any understanding that they themselves would produce action.

Still other thought forms are created and reinforced by ritual and associated with locations and special buildings such as memorials, churches, mosques, temples and other religious structures, and enduring political buildings such as the White House, the Supreme Court, Parliament, etc. Mostly, these were not overtly created to induce specific actions either on the inner planes or the physical plane. Some of them do produce feelings of reverence or awe, but not action … or reaction. Nevertheless, behind their design creation was the intention to produce an anchor for feelings and physical activity in support of a particular religion, the Law, the Nation, etc. even though—mostly we assume—without understanding of the process by which a thought form becomes an engine to produce intended consequences.

Thought forms knowingly created to produce deliberate action on the physical plane mostly center on the mental plane, and if a person has sufficient training and capability, then even on the causal plane.

Some artistic designs center more on the astral plane lead to products that in turn produce thought forms that likewise produce other thought forms in an unacknowledged but still very sophisticated chain of actions. Fashion designs for women produce the consequence of purchase, creating a thought form of pleasure and pride in the wearer who in turn may find the product sexy to wear and to attract male interest and perhaps induce a particular man's sexy responses. Each of these stimulates the formation of a particular thought form. High heels are notorious in this regard, and the thought forms involved both produce and

attract energies and actions.

Some thought forms of this nature may become very powerful "icons" and in the case of women's shoes, for instance, become sexual fetishes and in exaggerated cases can have the power to literally drive men mad. We have to be careful, however, in our "professional" thinking about fetishes and sexual games today, as modern attitudes to "fun and frolic" are more open and less inhibited, which then results in a discharge of some of the energies attached to the corresponding thought forms. Joy and laughter are great breakers of bonds.

There are religious icons that likewise can move people beyond sanity to kill in the name of God. These are thought forms of very high energy that are attracted by a similar thought form in the aura of the individual such that the fetish or icon can be as addictive as the most powerful drugs and dominate the individual's behavior. The theology that teaches that suicide bombers go directly to heaven, inducing self-sacrifice and considerable pain, produces considerable energy that strengthens the originating thought forms.

Modern entertainment (movies, television, novels) featuring gunmen heroes and villains of the old west, contemporary spies and beautiful women as either heroine or victim, technology that allows violence at a distance (separating the act from direct guilt), and spectator sports in huge stadiums accompanied by music, skilled commentary, and crowd celebration all produce huge thought forms even more addictive and potentially destructive than anything on an individual basis like a sexual fetish or a glamour picture.

The Destructive Uses of Contrived Thought Forms

Perhaps nothing better illustrates the power of a deliberately created program of icons, mythology, music, words and phrases—condensed into powerful thought forms—than can be found in the

history of Germany's NAZI experience which transformed an entire nation into a killing machine dominated by a single person. While we don't know as fact that Hitler and others in the NAZI movement understood the astral technology involved, it seems likely. And it is perhaps equally likely that certain other political and theocratic movements knowingly emulate this technology.

There are many other varieties of thought forms, some of which we have already discussed in connection with etheric training and creation of a body of light in chapter eleven. Others include:

Thought Form Varieties

Spontaneous astral reflections of desire—which often are sexual fantasies, expressions of lust, desires for food or drink, or wishes for a new dress or car, etc.

1. Spontaneous forms created by daydreaming of various situations (often romantic, sometimes vengeful, almost always first-person personal).

2. Spontaneous forms created by extreme emotions of fear, vengeance, violence, and by crowd responses to game shows, beauty pageants, situation comedies, etc.

3. Spontaneous mental reflections of objects of planned purchase or construction of recreational projects, thoughts in connection with work projects, trip and vacation planning, rearrangement of furniture and re-decoration, etc.

4. More complex mental work as in architectural drawings, landscape designs, planning of marketing campaigns, detailed development of military strategies, etc.

5. Complex visualizations of artistic projects, such as sculptures, portrait painting, large-scale housing and commercial projects, engineering and manufacturing designs, complex legal analysis, etc.

6. Mental speculation—what we often call "thinking about,"

where the thinker meditates on a subject (a question), analyzes a resultant idea (an answer), mentally tests it in various ways, perhaps making adjustments to visualized images, etc.

7. Building of God-forms primarily of mental substance but usually also with some astral substance used to magically gain knowledge or power associated with that particular god by entering in to it. Other God-forms, often formed spontaneously in connection with long-term devotion and religious worship, have the power to move and to bless a worshipper.

8. Deliberate, ritual construction of power-images, sigils, talismans, symbols, etc., used in projecting power to influence physical actions or events.

9. Deliberate construction of forms in mental and emotional substance used to extend the creator's power to manipulate something physically, or to perceive action at a distance, or to project healing energies over a distance.

10. Deliberate, ritual visual construction of particular symbols such as Hebrew letters, rune shapes, sigils, etc., to gain the image's internal store of knowledge by association with already established duplicate thought forms.

11. Deliberate construction of particular scenes, such as those of each Tarot card or long established mythical stories to internalize the meaning involved.

Please realize that all the thought forms discussed so far, with the possible exception of those connected with the NAZI horrors, were variously "contaminated" with historic correspondences and experiences, associated images and emotions, extraneous passing thoughts and feelings, fantasies and desires, hopes and dreams, and connections with other people and events. Any pre-existent image or idea is contaminated in the same way that a used car or a pre-owned home is. And while these may be magically "cleansed,"

they do not serve the purpose of a new thought form specifically created to carry out a particular operation.

The Constructive Uses of Contrived Thought Forms

To quote from an old television series, The Six Million Dollar Man, starring Lee Majors as former astronaut Steve Austin whose injured limbs had been replaced with bionic parts, "We have the technology." We do understand how a mental thought form can be created and emotionally charged, and then programmed and directed to intentionally carry out constructive operations.

The Group Mind
The Executive Thought Form
The Plan of Action
The Triangle of Causation

To varying degrees, these operations are carried out as the result of strategic planning by the "Group Mind" of established boards and committees as well as by individuals who may have magical training in the techniques involved. When considering a new thought form, think of it as an empty container or vehicle that will be loaded with single-purpose ideas and new images and feelings constructed to support that single purpose. In some situations it may be difficult to keep the container pure and unfettered with historic patterns, but in most cases this purity is important.

Think, for an example, of a group of military people planning an operation. Even though it has been part of their training and preparation for this particular operation—reviewing similar operations from the past, everything known about the location and its people, the geography and weather, the resources they have available, the politics involved, etc., the important lesson that has been learned is "Do not fight previous wars again!"

The Past is Prologue. All that is past—the history, current

knowledge, technical information about resources, etc—is like the books that have been read and now neatly placed on shelves in the library. What is past is prologue, but the time has come to write an entirely new book. That new book is the new thought form into which we must place new instructions, new programming, innovative new ideas, freshly drawn blueprints, brand new operations manuals, etc.

Unless we are writing a history textbook or other reference, when writing this new book (creating our new thought form), it is important to be creative, original, and dynamic. As with a book, we don't want anyone to accuse us of plagiarism and recycling old ideas, and certainly we don't want to violate anyone's property rights (copyrights, patents, trade names, etc.)

Let's continue with the new book analogy for a moment. You are the author, and you have a fine office for your work, you have bookshelves loaded with all the reference books you need, a great desk, a new computer and efficient printer, and all the resources you need to create a new best seller.

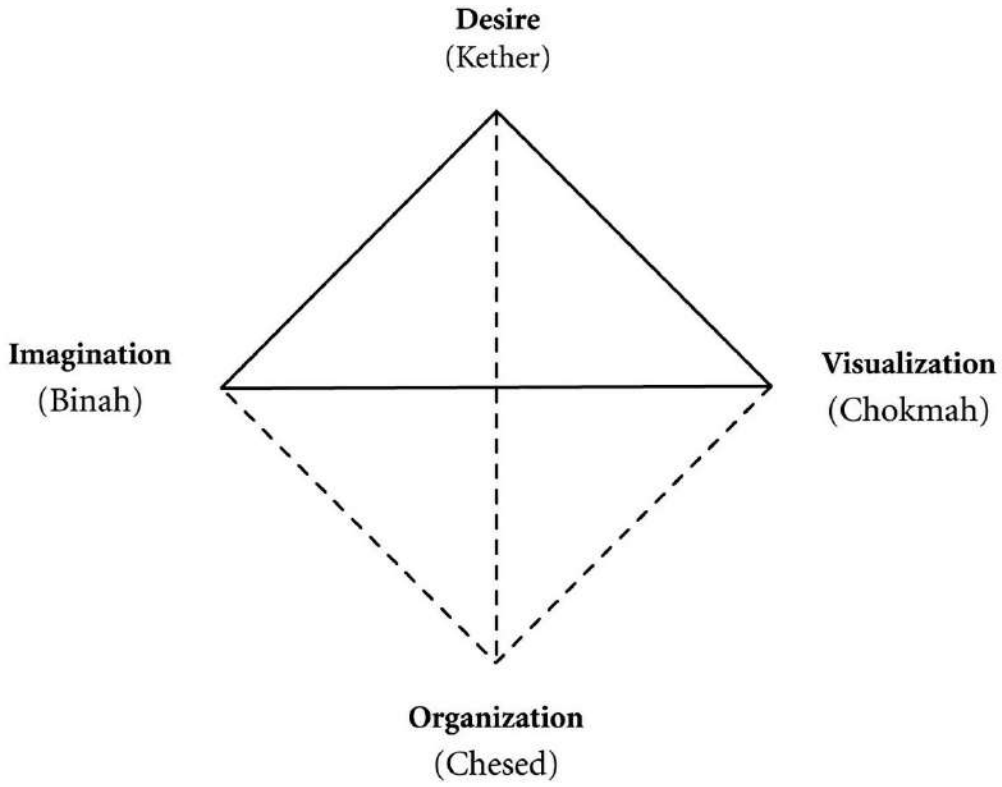
We are working in Microsoft Word on a new laptop with a long-life battery so we can actually take our work wherever we want—but we start in our office. Let's open two files: one for "My New Book" and the other for "Notes, Research, References, and Quotes." Even though we have a magnificent library of reference books pertinent to our subject, and we have Internet access of near infinity, it is good to have our Notes file convenient but separate from our New Book files. When we have inspirations, find exciting quotes, titles of particular books we want to check, etc., we put them into the second file because each of these creates a mental picture of its own. We keep our New Book file pure with no chance of contamination. To distinguish this thought form from those described previously, we introduce the term "Executive Thought Form" as one dedicated to accomplishing (i.e. executing)

a single purpose.

The Triangle of Causation. Magicians utilize the guidance of the Qabalistic Tree of Life to establish the foundation of executive thought form creation.

What you have in the upper triangle, the Triangle of Causation, are the three principles necessary to begin the creation of a thought form at the astral level. But, then, following the law of "as above, so below," we create a point of manifestation on the physical plane. In the instance of a personal matter, that point is yourself; in the case of a larger matter (corporation, governmental body, military unit, etc.) it is whatever the operational entity is. And in the case of an organization it is the group mind that must be planned, assembled, formally established, named, and properly organized into a functioning unit rather than a mere assembly of chaos and conflict. A true Group Mind is an extremely powerful astral entity that rarely survives its founder's death or other transition unless (1) the entity is firmly identified with an image and ideal that is impersonal and beyond personal, and (2) there is an exact procedure for succession that all involved support—which necessarily means a democratic process for the "electors" who themselves are seen as qualified and legitimate by the wider membership. Perhaps the best examples of this are the Catholic Church's selection of a Pope or the Chinese Communist Party's selection of a new leader.

Note also that the two triangles now form a square, the symbol of Earth, which is the form of manifestation. The triangle can be seen as the symbol of Fire, the form of inspiration.



Desire. At the upper point we start with Desire, the starting point for all creation. Here we have to determine what we want, and we have to build our desire to a white hot intensity. That seems easy to understand and accomplish at a personal level, but it requires focus and leadership at a corporate or other level. Nevertheless, think of different entities and possible associated emotions: a nation—patriotism, national defense; a corporation—profit-sharing, beating the competition; a school—national recognition; sports team—winning the trophy; research lab—developing a new technology; a public agency—rescuing thousands from earthquake devastation, etc. To desire establishes the beginning of Manifestation.

Imagination. The imagination is used to create a scenario using events, effects, locations, symbols, etc. in a natural sequence. This is a "formula," and our checking and verifying the details of each step in the process is vital to success. This describes each detail of the process from start to finish. It's the same whether it's a

scientific process or a business process, a social event, an academic achievement, even a romantic encounter. To imagine is to plan.

Visualization. Imagination and visualization operate together, and it is with visualization that those details must be seen and verified. A plan or formula on paper is just a two-dimensional scrap of paper until visualization adds the third dimension. Again, it seems easier to visualize a personal project than a corporate one, but think of how a leader might make a presentation with charts and graphs, pictures and drawings, and even videos. It could even include a plaster casting of the terrain for a military operation or a housing development. To add substance to your visualization turns desire into realization.

Organization. There has to be a point of manifestation to provide the finish line. It can be a candle-lit dinner for two, or a sales organization to sell the new product; it can be placement of military equipment before the campaign begins; it can be a pilot plant to test a new manufacturing process or it can be the grass-roots organization to elect a President. An organization is like the shiny new vehicle that carries the newly elected President from home to the place of inauguration, or the newlywed couple from church to cruise ship departure on their honeymoon. To organize brings the resources together out of chaos.

Form. There is another element that a magician would think of creating, and this can be a very challenging consideration. Up to this point we have created a thought form or series of thought forms at each step of the process. However, it is possible to create a final thought form to carry the complete creation. Let's return to the example of a new book simply because that is easy to see and understand because we do end up with an easily visualized image that IS the final product. We can see the actual book with its cover

carrying the title and author's name, cover art representing the content of the book, a cover "blurb" of a few words promising what the book will do for the reader, etc.

That astral image is now a living container for all the emotion, the mental and physical work, the hopes and desires of the author and his or her family, the publisher, publicists, marketing and sales staff, the booksellers, and the happy readers. That image, that container, can be "fed" in the same way a religious icon is fed by ritual, prayer, burning of candles and incense, etc. It is likewise fed with every window or store display, every author signing or talk, every blog and interaction between author and reader, and—of course—with every literary prize, award, praise, and recognition. To give form is to define reality.

Energy In, Energy Out. The energized astral form can become a magnet attracting success, money, and power. Once again, it is important to define the goal. Merely attracting attention could be by way of negative reviews, backfired publicity, a lawsuit claiming reader injury following the author's advice, and so on. In other words, be careful what you wish for!—define it.

Thought Forms at Work

We can continue with the analogy of writing a new book because it provides everything we need to describe the process. In all the examples we've mentioned, one feature described was the power of attraction—"magnetically" drawing information of a nature. Thus, our first priority is to establish the identity of a developing thought form so it will attract very specific information and not a menagerie.

The process we must use is identical to any good plan of action —except that we should start with our "Notes" file rather than "My New Book." Here's the procedure, incorporating each of the foundation points:

1. Desire: Establish the goal, i.e. describe the content and purpose of the new book and its benefit to the user. Whether its fiction or nonfiction, a textbook or a reference book, an instruction book or a parts manual, or even a comic book, we need to establish the user benefit. This is the book you desire to write, in detail. (You may think the goal is for the author to become rich and famous, but that is not the goal for the new book but a totally distinct goal with its own thought form.)

2. Imagination: Establish the audience, i.e. describe the users and how they will benefit. That may seem redundant but it's a change of perspective to actually see the proposed benefits from the user's point of view. How will it be used, how well will it meet the user's needs, will it actually fulfill the user's goals in purchasing the book? Where are these users, what are they looking for, and what do they expect of and from the author? This is the book's audience as you carefully imagine it, in detail.

3. Visualization: Summarize the purpose and benefits of the project, i.e. the book. This takes the form of a rough draft of the introduction to the book. You do this by visualizing the completed book, in detail. (This is a good place to advise that everything you write is, initially, a "rough draft." Until the book is finished, you cannot accurately summarize it; but you will not write a good book without this summary of the book's purpose and benefits at the beginning.)

4. Organization: Establish how the book will be organized by writing a rough draft of the table of contents, in detail. This draft serves as a working outline, and will be subjected to change throughout the process. In other words, once you start writing you will see some things differently, and your thought form will start attracting new information and ideas. Always return to all four of these foundation points and make those changes.

Form: While not numbered among the four foundation points the emphasis on detail in each of the foundation points is important for the details are the building blocks of our executive thought form, hence changes in those details must be incorporated into each of the four points as it is this process that creates the "blue prints" for our construction.

My New Book. It is after you've written and possibly revised your introduction and table of contents that you can copy the table of contents over to the new book file, and it is then that you re-name the file to that of the book's title. It is still possible, even likely, that you may change the title and revise the Introduction along with drafts of your chapters and other materials once the book is completed. As each chapter is completed, you want to transfer it to the new book file and keep the notes file for your resources.

After you've finished writing and have transferred every item listed in the table of contents to the new book file, then you must read the entire manuscript and make sure everything flows together and you've removed redundancies.

While we used a book analogy to describe the process of constructing an executive thought form, we must point out that it is only one illustration of the process. Each product development plan, each marketing plan, every research project, every class plan, every financial, military, political, scientific, etc. project will have its own unique structure, with emphasis on its own details.

An executive thought form can become the key to your individual success, but it is not the total answer. Success itself can involve its own executive thought form, with many different foundation points and details unique to the personal situation. Such a thought form is one step beyond the popularized practices of creative visualization, timing, self-knowledge, and techniques of

self-help that identify personality needs and opportunities for psychic and self-empowerment.

Astral Projection & Applied Astral Powers

While we have not, in this chapter, exhausted all the potentials of astral projection and other astral powers, we have shown "the way" to your further development and application of your increasing powers and conscious awareness of the nature of the astral plane and a better understanding of your astral body and ability to create and utilize astral forms whether as a vehicle to project your own consciousness or as an extension of your developing reach beyond the limitations of the physical body.

You have also learned more about the ability to create on the inner planes and to control and manifest actions and events on the physical plane.

Further books in this series will cover more about these extended astral and mental powers as well as detailed applications for the techniques of self-hypnosis, expanded awareness in divinatory practices, and the use of executive thought forms and functions of the group mind.

As they used to say at the end of radio news broadcasts, "Stay tuned for further developments."

The following is a list of files that one author sets up for every new book he writes. Note that the numbering system is a convenience to keep the files in sequence. What we are showing you is a method to establish, recognize, and fulfill the details involved as mentioned above.

BOOK FILES TO SET UP FOR EACH BOOK

This is a list of all the different elements that every book should include, and their proper sequence for setting up work files for each book so entries can be made in any file throughout the process.

Folders

Communication—Acquisitions Dept.
Communication—Art Dept.
Communication—Audio and other subsidiary products under consideration
Communication—Design Dept.
Communication—Editor
Communication—Feasibility Study, with sales estimates, cost projections
Communication—IT (Information Technology) Dept.
Communication—Marketing Dept.
Communication—Production Dept.
Communication—Publicity Dept.
Communication—Sales Dept.
Correspondence—a folder for each outside (freelance) author, artist, or person involved in producing content for this book.
Key Words—Words, Phrases, Words (Words, Phrases, Names, Locations, etc. that must be included in this book in connection with any celebrities, other books, popular ideas and concerns, or events to give timeliness added value to this book, and which will be used in developing promotional News Stories)
Research—Notes, Research, References, and Quotes

Files

1—Schedule—Date of last activity
2—Concept—words—Date of last activity
3—Ideas for Title, Sub-title, and Cover Phrases—Date of last activity
4—Ideas for Cover Art and Design—Date of last activity
5—Ideas for Content Art, Illustrations and Design—Date of last activity
6—Ideas relating to page size, binding and other packaging

concepts—Date of last activity
7—Ideas for supplemental products—Date of last activity

20—Notes for Proposal—Date of last activity
21—Notes for Vision—Date of last activity
22—Notes for Launch—Date of last activity

30—Inside blurbs—Date of last activity
31—About this book—Date of last activity
32—About this series (if any)—Date of last activity
33—About the Author—Date of last activity
34—Acknowledgements (if any)—Date of last activity
35—Title Page—Date of last activity
36—Copyright page—Date of last activity
37—Dedication (if any)—Date of last activity
38—Other books by author—Date of last activity
39—Forthcoming books by author—Date of last activity

40—Table of Contents—Date of last activity
41—Table of Illustrations and Photographs—Date of last activity
42—Table of Charts & Tables—Date of last activity
43—Table of Programs & Procedures—Date of last activity

51—Foreword—Name—words—Date of last activity
52—Preface—Name—words—Date of last activity
53—Introduction—Name—words—Date of last activity

101—Chapter One—words—Date of last activity
102—Chapter Two—words—Date of last activity
103—Chapter Three—words—Date of last activity
104—Chapter Four—words—Date of last activity
105—Chapter Five—words—Date of last activity
106—Chapter Six—words—Date of last activity
107—Chapter Seven—words—Date of last activity
108—Chapter Eight—words—Date of last activity

109—Chapter Nine—words—Date of last activity
110—Chapter Ten—words—Date of last activity
Etc.

201—Appendix A—supplementary information, if any—words—Date of last activity
210—Notes (if any other than at end of each chapter)—words—Date of last activity
211—Glossary and Suggested Reading List—words—Date of last activity
212—Suggested Reading List (if not part of the Glossary)—words—Date of last activity
213—Bibliography (if any)—words—Date of last activity
214—Index—list of words for—words—Date of last activity

251—Back of Book Ads, author recommendations for—words—Date of last activity
252—Back Cover, ideas—words—Date of last activity—

300—Entire Manuscript—Date Transmitted:

Author to provide answers to the following points, or be prepared to provide information to Editor if asked.

General information

Working Title:
Working Sub-title:
Author(s):
ISBN:
Status:
Release Month & Season
BISAC Codes:
Back cover & catalog subjects (up to three):
Is it a series? If so, its name:
If so, names of previous titles:

Is it the start of a new series? Name:
Is the product previously published? If so,
By whom: Dates: Sales History:
How will content be provided? Word files: X Formatted files:

Content/Product

A. One sentence statement describing product, its content and purpose:
B. Key selling points:
1.
2.
3.
C. Unique Features:
1.
2.
3.
D. What differentiates this treatment of the topic from the competition?
E. Purpose of product (what will it do for the reader?)
F. Comparative products:
G. Promotion factors to be recognized for this product/topic:
H. Editor/content concerns:
Permissions/plagiarism:
Organization:
Additional material needed (index, glossary, appendix, foreword, etc.)
Content changes needed/desired?
I. Is there anything offensive or problematic in the material? Disclaimers needed?
J. Other concerns related to content or product:
K. How will issues or concerns be addressed? By whom and deadline:

Design

A. General comments on interior/exterior presentation:
B. Pick up from series template?
C. Unusual treatments/elements (charts, tables, graphs):
D. Tone of product:
E. Design concerns:
F. How will design concerns be addressed? By whom and deadline:

Artwork, Illustrations, Photographs (interior)

A. If author has provided artwork, can it be used as is?
B. If author has provided artwork, must it be redrawn?
C. If author has not provided artwork, what might be recommended?

1. Such as Part pages?
2. Chapter openers?
3. Demonstration of processes or techniques?

Specifications

A. Required elements (for example, book? Deck? CD?
B. Galley due date
C. Trim size: Page count:
D. Trade paper or hardcover:
E. Any special paper required, and why:
F. Any special cover treatments to be considered?
G. Sales projections:
H. Any constraints or limitations to be considered?
I. Confirm Editorial and Art Budgets

Author

A. Author's credentials:
B. Assets/skills/platform experience author brings to the product (besides writing):

C. Photo discussion (provide representative author photo if available):
D. Any concerns about author(s)?
E. Is English the author's native language?
F. Promotability of author
1. Anything special he or she can do? Anything special required of the author to ensure success?
G. List author's previous publications:
H. Any concerns about the author?

Audience

A. Define audience demographics—
1. Age range:
2. Gender:
3. Characteristics:
4. Interests:
B. Level of knowledge of this general subject:
C. What benefits does this produce provide to the defined audience:
D. What will the defined audience be able to do after using the product:

No, this is not a book about writing a book! But, since you have a book in hand right now, what better way to describe the detail that should go into the planning and development of every project to fully utilize the potentials of the astral and mental planes? It's another way of saying: You have the Power; Learn to Use It!

The Power of Organization

Organization is one of the most powerful tools you can use to constructively employ the actual powers of imagination, memory, and creativity. Through organization you construct your own filing system—whether on your computer, with paper in filing cabinets,

or entirely in your memory palace—by means of which you connect the dots that will energize the matter at hand. Such energization creates an attractive force that helps bring the needed information to fill your files and to complete your project.

Yes, this is your astral world at work.

SUGGESTED READING

Dolores Ashcroft-Nowicki and J. H. Brennan, Magical Use of Thought Forms (Llewellyn, 2001).

Michael Newton, Destiny of Souls: New Case Studies of Life Between Lives (Llewellyn, 2000).

Michael Newton, Journey of Souls: Case Studies of Life Between Lives (Llewellyn, 1994, 1996).

Michael Newton, Life Between Lives: Hypnotherapy for Spiritual Regression (Llewellyn, 2004).

Michael Newton, Memories of the Afterlife: Life Between Lives, Stories of Personal Transformation (Llewellyn, 2009).

Joe H. Slate and Carl Llewellyn Weschcke, Self Empowerment through Self Hypnosis (Llewellyn, 2010).

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16

WHAT'S NEXT?

A Seven-Day Developmental Plan for Astral Projection

Growth is the only evidence of life.

—JOHN HENRY NEWMAN, APOLOGIA PRO VITA SUA

In our study of astral projection, we have explored many ways to enrich our lives with new insight and power. Astral projection exemplifies our capacity to stretch our awareness and reach beyond the conventional limits of personal growth and empowerment.

By developing our out-of-body potentials, we discover new meaning to our present existence and the magnificent realities beyond. Each out-of-body experience is a promissory note that reflects our immortality, not simply as a nebulous energy phenomenon, but as a conscious being whose evolvement is a never-ending marvel. Success in achieving our life goals, however, requires an organized effort and full commitment to make the best of our lives and develop our potentials to their peaks.

The Seven-Day Developmental Plan for Astral Projection presented here is formulated to activate a new growth spiral and unleash your highest growth potentials. For easy reference, the plan adapts certain programs previously presented in this book, and organizes them into a systematic approach that recognizes the progressive nature of personal empowerment. The plan, along with each program presented within it, is flexible, and can be easily

modified to fit your personal preferences and needs. You may, in fact, wish to include certain approaches found elsewhere in this book.

In your use of this plan, practice is essential. As you progress through the plan, study each program and become fully oriented to it before implementing it. Take plenty of time to master each program. With practice, you will experience not only success in your use of each day's program; you will also experience a profound cumulative effect as you progress daily through the seven-day plan.

For each day, the plan identifies an objective and presents relevant activities for achieving it. Beginning with simple practice and conditioning exercises, the plan progresses to more complex programs, and finally culminates in out-of-body travel to the highest realms of cosmic power.

This seven-day plan provides a starting point for a future filled with excitement, discovery, and unlimited growth possibilities.

Day One: Astral Readiness

Objective: To generate a mental and physical state of readiness conducive to astral projection.

Day one of our psychic empowerment plan introduces four exercises specifically designed to promote out-of-body readiness.

Astral Meditation

This procedure uses focusing on a shiny object, such as a crystal situated at a distance of around four to five feet, to build concentration skills conducive to astral projection. Here is the procedure:

Step 1. Focus & Expand. Center your attention for a few moments on the shiny object, and then slowly expand your peripheral vision to its limits, taking in as much of your

surroundings as possible. Almost immediately you will notice a white glow forming throughout your visual field.

Step 2. Scan & Relax. Close your eyes, slow your breathing, and mentally scan your body from your head to your feet, relaxing each muscle as you go. Take plenty of time for your body to become fully relaxed.

Step 3. Visualize. With your body now relaxed, close your eyes and visualize yourself fully enveloped in a white glow of positive, radiant energy.

Step 4. Affirm. Affirm either silently or audibly: I am at complete peace with myself and the universe. I am balanced mentally, physically, and spiritually. I am infused with positive energy.

Step 5: Reflect & Reaffirm. Conclude the meditation by reflecting on the experience and mentally reaffirming in your own words the empowering effects of the exercise.

Moon View

This procedure requires comfortably focusing for a few minutes on the moon, preferably a full moon, and then, with your eyes closed, imagining yourself literally visiting the moon and exploring its craters, planes, and caverns. Let yourself become so absorbed in the experience that you sense firsthand the moon's tangible presence. You can visualize yourself on the moon's surface, perhaps holding a moon rock, or letting moon sand flow through your fingers. If the moon is not available for viewing, close your eyes and create a mental picture of the moon.

In-Body Travel

This procedure exercises the mind's capacity to create and remove physical sensations by mentally visiting certain body areas. Here is the complete procedure:

Step 1. Relax & Selection. Settle back, and let yourself become comfortable and relaxed. Then, with your eyes closed, select a small body area—a hand, finger, or toe—and center your full attention on that specific area's physical sensations. As you concentrate on that area of your body, imagine yourself mentally visiting that area.

Step 2. Focus & Sensation. Continue to focus your full attention on the selected area, and practice creating and removing sensations, such as numbness, tingling, warmth, and pressure in that specific body area.

Step 3. Conclusion & Normalization. Conclude the procedure by allowing your mind to become passive as all physical sensations return to a normal state.

Step 4. Interaction & Energization. With practice of the above three steps, you can develop your ability to mentally interact with internal body areas and bathe them in positive, healthful energy.

Creative Imagery

This practice exercise is particularly effective in developing imagery skills that promote astral travel to distant destinations. Allow plenty of time for the selected images to unfold clearly in your mind. Here's the procedure:

Step 1. Pick a Place. Think of your favorite place and imagine that you are there. Focus your full attention on this special place, noting in detail your surroundings and your sense of serenity and peace.

Step 2. Imagine a Craft. Having lingered briefly in that special place and soaking in its serenity and peace, shift your attention away from the scene and generate peaceful images of a slow-moving object, such as a fluffy cloud in the distance, a sail on a tranquil lake, a leaf drifting in a breeze, or a bird in flight. Allow

plenty of time for the imagery to unfold clearly in your mind.

Step 3. Visualize your Travel. Visualize an air craft such as a plane or hot air balloon, with yourself as its lone passenger on a journey to a special destination of your choice.

Step 4. Spontaneous Travel. Visualize yourself at your travel destination. If you have no specified destination, simply allow travel to unfold spontaneously.

Step 5. Return and Reflect. Let your attention shift away from your travel experience and back to your present surroundings. Reflect on the experience and its relaxing effects.

These practice procedures exercise your ability to reach beyond the confines of your biological body and prepare you for astral travel.

Day Two: Astral Travel

Objective: To experience astral travel to distant destinations.

Day two of our plan introduces two out-of-body induction procedures, both of which may require considerable practice. The first procedure, OBEs Levitation, uses impressions of physical weightlessness, followed by imagery of the biological body levitating and then returning to its original position while the astral body remains in the levitated state, poised for travel to distant destinations. The second procedure, Transitional Travel, exercises our capacity to travel out-of-body during sleep.

OBEs Levitation

This procedure requires only sensations of biological levitation, not actual levitation. The rationale for this procedure is that sensations of biological levitation can release the astral body from the physical body, thereby producing astral levitation. Here is the eight-step procedure:

Step 1. Scan & Relax. While in a comfortable, reclining

position, mentally scan your entire body, pausing at areas of tension and letting them relax. Slow your breathing, taking a little longer to exhale, until you develop a relaxed, effortless breathing pattern.

Step 2. Lighter & Lighter. Focus your full attention on your physical body and imagine it becoming lighter and lighter, until it finally seems to become weightless.

Step 3. Levitate & Separate. As the sense of weightlessness continues, visualize your physical body, as light as a feather, beginning to rise slowly. Next, visualize your physical body momentarily suspended in space, and then slowly returning to its original position while leaving your consciousness behind in astral body form, still suspended over your physical body.

Step 4. Weightless & Separate. From overhead, view your physical body, which is now resting comfortably below. Notice your sense of weightlessness and separation from your physical body.

Step 5. Protection & Affirmation. Invoke the positive energies of higher astral planes by visualizing your projected astral body as well as your physical body below surrounded by white radiance, then affirming:

> My total being is now enveloped in the powerful radiance of cosmic energy. As I travel out-of-body, I will be empowered and protected, mentally, physically, and spiritually by the positive energies of higher astral planes. I will return to my physical body at any time by simple intent alone.

Step 6. Travel & Enjoy. Give yourself permission to travel to any predetermined destination, or simply allow travel to unfold effortlessly and spontaneously. Make in-flight corrections as needed by consciously intervening into the out-of-body

experience. Reaffirm periodically that powerful astral energy is fully infusing your total being, including your physical body resting safely at a distance.

Step 7. Visualize & Return. To return to your physical body, visualize it in its familiar setting and then affirm your intent to return to it. Once in the presence of your physical body passively at rest, give yourself permission to reunite with it. Upon re-engaging your body, focus for a few moments on your breathing and other physical sensations.

Step 8. Rest & Reflection. Conclude the procedure with a brief period of rest and reflection. Give particular attention to the empowering rewards of the experience.

Transitional Travel

This procedure is designed to promote astral travel during sleep and give you greater control of the out-of-body experience. Here is the five-step procedure:

Step 1: Preparation. Just before falling asleep, relax your entire body by mentally scanning it and releasing all tension. Focus on slowing your breathing. Suggest to yourself that time is slowing down.

Step 2: Affirmation. Affirm that, as you sleep, you will slip gently out of your body and travel to a distant destination. Selecting a specific destination is optional. Invoke higher plane protection and the empowering presence of ministering guides by affirming:

I am fully protected and secure as I travel out-of-body.

Step 3: Mental Imagery. Visualize your astral body as a luminous form rising from your physical body and hovering above it as sleep ensues. In that projected state, view your physical body at rest enveloped in a protective glow, and allow your astral being to float farther away from your body.

Step 4: Astral Travel. Give yourself permission either to flow spontaneously to experience distant realities or to travel deliberately to a predetermined destination. For specific destinations, visualize the destination and affirm your intent to experience it.

Step 5: Re-engagement. Conclude the astral adventure by visualizing your physical body at rest and then giving yourself permission to re-engage it. Upon re-engagement, you may choose either to awaken from sleep or to allow sleep to continue uninterrupted.

Day Three: Astral Surfing & Exploring

Objective: To experience distant cosmic realms of power through astral projection.

Day three of our astral projection plan introduces Astral Surfing & Exploring, an out-of-body method that uses very flexible induction and management procedures. It emphasizes spontaneous exploration of the astral realm, without structured limits and specifically defined goals other than exploration. It is broad in scope and offers a sweeping array of options. It is based on the premise that consciousness in the out-of-body state can scan the cosmos, surf among rich astral planes, and discover new realms of pleasure and power.

Like other out-of-body procedures, astral surfing requires a quiet, comfortable setting free of distractions. Here is the procedure:

Step 1: Preliminary Considerations. A period of at least one hour, during which brief, periodic re-engagements of the physical body can occur, is recommended for surfing. The transient reentries provide brief rest periods within a series of flights, while enhancing the effectiveness of surfing and preventing post-flight fatigue. Invocations that assure complete astral protection through

affirmations and imagery of being encased in light are recommended at the beginning and periodically throughout the procedure.

Step 2: Induction. To induce the out-of-body state, settle back and let your physical body become progressively relaxed as your thoughts become increasingly passive. To induce astral travel, visualize an astral flight vehicle—such as a crystalline capsule or magical carpet of energy—bearing your consciousness in astral body form upward and away from your physical body. Allow plenty of time for astral disengagement to occur. Imagery of the flight vehicle is also effective for periodic reentries and reinduction following rest intervals.

Step 3: Surfing. To initiate surfing, visualize a three-dimensional design of the cosmos, with flight pathways among astral points, dimensions, and planes. Points in the cosmic design signify brilliant concentrations of astral energy, with the colors of a given point denoting its particular power capacities—such as green for healing, yellow for intellectual power, and blue for serenity. Astral points of energy can be aligned along an inviting surfing thoroughfare, or they can exist as isolated concentrations of bright energies.

> In contrast to points, astral dimensions can vary in size, color, intensity, and shape. Some are so distant that they are barely visible to the astral eye, while others dominate the cosmic structure. Certain expansive dimensions embody constellations of bright astral points and planes, while others emit only a soft, inviting astral glow.
>
> Astral planes are represented by layers of radiant energy in the cosmic design, with each layer differing in form and color. Certain planes appear rugged and irregular, while others are smooth and elegant. Some planes exist as components of a

complex dimensions, while others appear apart from other cosmic elements. Like certain astral dimensions, some planes seem almost impenetrable, while others challenge contact and interaction.

Surfing among astral points, dimensions, and planes can be either spontaneous or destination-oriented. Spontaneous surfing occurs effortlessly and requires no astral itinerary or flight plan. You can glide freely in and out of planes and dimensions, stopping at will to interact with them, then moving on to other destinations. You can interface astral points to draw energy from them, or slip into dimensions and planes to access their empowering properties whenever needed. In contrast to spontaneous surfing, destination-oriented surfing requires deliberately choosing particular pathways as travel routes to designated dimensions, points, or planes.

Step 4: Astral Return. To end out-of-body travel, visualize your physical body in its familiar setting, and affirm your intent to return to it. A sense of presence in the body, accompanied by specific physical sensations, signals a successful re-entry. This procedure is effective for transient re-entries during Astral Surfing, as well as the final astral return.

Step 5: Conclusion. Conclude Astral Surfing by reviewing the travel experience and reflecting on its empowering effects.

Day Four: The PK Pool of Power

Objective: To access the cosmic sources of healing and rejuvenation.

Day four of our plan introduces the PK Pool of Power, an astral travel procedure developed in our labs to achieve a variety of health-related goals, such as fortifying the immune system, slowing the rate of aging, managing pain, and combating age-related

memory loss, to list but a few of the procedure's health applications. A period of approximately one hour should be set aside for the eight-step procedure, which is conducted in a quiet, safe place.

Here is the procedure:

Step 1. Breathe Rhythmically. While resting in a comfortable, reclining position, with your legs uncrossed and your hands resting at your sides, take a few deep breaths and then develop a slow, rhythmic breathing pattern. Focus for a few minutes only on your breathing. Remind yourself that you are safe, comfortable, and secure. Visualize yourself surrounded by radiant light as you invoke the empowering presence of higher astral influences.

Step 2. Focus Inward. With your eyes closed, center your attention on your forehead, and slowly allow your focus to turn inward. Allow any dullness or darkness to dissolve away until you experience only radiant white light.

Step 3. Disengage. Visualize your astral body as a radiant light form bearing conscious awareness and slowly rising from your physical body. As you rise gently above your body, notice your sense of freedom and serenity. Give yourself permission to ascend farther away from your body as you remain at perfect peace. Remind yourself that you are infused with light and protected by the highest forces of the astral realm. Further remind yourself that you can at any time return to your body with ease upon deciding to do so.

Step 4. Astral Travel. Now disengaged from your biological body and in the company of astral guides, you are free to travel wherever you wish. The distant reaches of the astral realm are now available to you. The highest dimensions and distant planes of power invite your contact and interaction.

Step 5. Planes of Power. As you sense your connection to the

astral realm, turn your attention to its array of luminous planes stretching across that realm and into the distance. Survey the colorful planes until a certain plane glowing with energy seems to be drawing you toward it. Think of that plane as your personal source of astral power. Let yourself fully engage that plane as you become increasingly infused with it powerful energy.

Step 6. Pool of Power. Now within the powerful plane, sense yourself as an integral part of it. Turn your attention to the plane's innermost region with its center of power—a crystal clear pool radiating astral energy. Give yourself permission to approach the plane's pool of astral energy and soak in the fullness of its power. At this point, remind yourself that given the power of the highest astral realm, nothing is beyond your reach—you can achieve your highest goals and become all that you wish to be. Sense the continuing infusion of astral energy until it reaches its peak.

Step 7. Chalice of Power. Turn your attention to a beautiful, bejeweled astral chalice resting on a crystal pedestal at the pool's edge. As you note its intricate workmanship and exquisite beauty, give yourself permission to lift the chalice, fill it with water from the pool, and slowly pour it over your astral body to further saturate it with power. Remind yourself that the vast riches of the astral realm are now at your command. At this point, whatever you desire can now be yours.

Step 8. Visualize Your Goals. Now infused with astral energy and power, lift the chalice toward the universe as you state your goals. Visualize your goals and affirm them as unfolding realities. If your goals are health-related, state each goal specifically, visualize that particular body part, organ, or system functioning normally, and affirm that the goal is now in the process being achieved.

Step 9. Astral Return. You are now ready to return the chalice to

its place on the pedestal and return to your physical body resting at a distance. Sense again the caring presence of astral guides and give yourself permission to return to your physical body. Note the serenity accompanying your return and the smooth re-engagement of your physical body.

Step 10. Conclusion. The astral travel experience now complete, take a few moments before opening your eyes to reflect on the travel experience and to affirm in your own words its empowering effects.

Day Five: Past Life Ascent

Objective: To retrieve relevant past-life experiences and glean empowering knowledge from them.

Day five of our plan introduces Past-Life Ascent, an innovative, step-by-step approach that uses the hypnotic state as a doorway to astral projection. This procedure views past life as a three-dimensional phenomenon consisting of (1) pre-incarnate life as our existence prior to our first incarnation; (2) incarnate life as our existence in each lifetime; and (3) discarnate life as our existence between lifetimes. The goal of past-life ascent is astral ascension and raised consciousness in which past-life awareness reaches its peak.

Like other out-of-body procedures, past-life ascent requires a quiet, comfortable setting. Approximately one hour, during which there are absolutely no interruptions, should be set aside for the session.

Here is the six-step procedure:

Step 1: Goal Formulation. Formulate your personal objectives and state them as specifically as possible. Your objectives may simply be to practice the procedure and develop your out-of-body induction skills. On the other hand, you may wish to conduct a comprehensive overview of your past lives, or to investigate a

particular past lifetime in-depth. Your goal may be to explore past-life experiences that relate to a particular present situation, or to identify past-life themes or patterns, such as recurring relationships, careers, or commitments. You may wish to explore past-life tasks you can now complete, or past-life problems you can now solve. You may decide to explore your earliest pre-incarnate existence, or specific discarnate intervals between your past lives. You may wish to identify your most recent past lifetime, or to reexperience your very earliest incarnation. You may decide to explore your past-life experiences in a given geographic region or within a particular culture. Your goal may be to discover important knowledge gained in a previous life but presently lost to conscious awareness. You may wish to explore your past experiences concerning a present problem or objective. If, for instance, you are faced with problems in your personal relationships, a deeper understanding of your past-life relationships could offer insight and suggest possible solutions. Or if you are experiencing conflict regarding a career decision, awareness of your past-life career experiences could be an invaluable source of occupational information.

Step 2: Trance Induction by Hand Levitation. Having formulated your objectives, you are now ready to enter hypnosis and use it as a gateway to astral projection. Begin by settling back into a comfortable, reclining position, with your legs uncrossed and your hands resting on your thighs. With your eyes closed, mentally scan your body from your head downward, releasing all tension as you go. Upon completing the scan, take a few deep breaths, exhaling slowly. Develop a comfortable, rhythmic breathing pattern, counting backward with each breath from ten to one.

Upon completing the counting, continue breathing rhythmically as you focus your full attention on your hands

resting on your thighs. Note specific sensations, such as warmth, tingling, numbness, and the slight pressure of your hands on your thighs. After a few moments of concentration, center your full attention on your right hand and imagine it becoming weightless. Imagine a gentle force under your hand, slowly pushing it upward toward your forehead.

As your hand rises gently, give yourself permission to enter deep hypnosis, and then to leave your body. With your hand steadily rising, affirm:

> When my hand touches my forehead, I will enter a deep hypnotic trance. Upon relaxing my hand and allowing it to return slowly to my thigh, hypnosis will give way to the out-of-body state. Upon leaving my body, I will be fully conscious, safe, and secure. I will be enveloped and protected by the powerful energies and guiding forces of higher astral planes. I will return to my body at any moment simply by deciding to do so. Upon returning to my body, I will spontaneously resume the hypnotic state. I will then exit hypnosis simply by counting from one to five.

Allow plenty of time for your hand to levitate until it touches your forehead, and then affirm:

> I am now in hypnosis and prepared to leave my body simply by relaxing my hand and allowing it to slowly resume its original position.

Let your hand now slowly return to its original position on your thigh.

Step 3: Astral Disengagement. With your hand now resting on your thigh, sense yourself gently leaving your body and rising slowly above it. You can facilitate the disengagement process by visualizing your astral body as a glowing mist lifting quietly from

your biological body and remaining suspended over it. Once in the out-of-body state, view your biological body as it remains in a passive state of rest. Sense the powerful radiance enveloping your total being, and affirm:

> I am now outside my physical body, fully enveloped in pure, radiant cosmic energy. The radiance enveloping my astral being extends to my biological body, protecting and energizing it as I travel to higher astral planes. The highest realms of the power are now receptive to my interaction.

Step 4: Cosmic Ascension. At this crucial stage of the process, our goals are twofold: first, to ascend to the realm of the cosmic archives, known for its bright hub of light and sweeping swirls of radiant color—and second, to access cosmic sources of past-life experiences. Cosmic ascension is typically accompanied by awareness of specialized astral guides who are almost always enveloped in luminous violet energy. The presence of these guides is invoked by affirmations of your intent to ascend astrally and acquire relevant past-life knowledge. Suggested affirmations include the following:

> I am now prepared to ascend to the realm of the cosmic archives in my efforts to gain new insight and knowledge concerning my past. I now invoke the empowering presence of astral guides who will be my constant companions throughout this experience.

The ascension experience is typically characterized by sensations of being gently carried forward into a radiant, fluid-like dimension of varying coloration. Certain dimensions appear as planes of color with many concentrations of light; others emerge as light-filled corridors or channels of energy. During ascension, awareness of time

and space is often replaced by a raised state of cosmic enlightenment, which spontaneously directs our consciousness toward the archival center of cosmic knowledge.

As ascension progresses, you will recognize in the distance a magnificent hub of light with outward spirals of multicolored lights. This luminous core of cosmic energy emits an endless radiance which manifests the creative power of the cosmos. Once in the hub's field of influence, you will experience its gentle attraction drawing you slowly into its central region. The approach to the cosmic core is invariably accompanied by an expanded awareness of oneness with the universe. No longer simply an astral traveler, you then become an integral part of the cosmos, interconnected and interacting with its limitless knowledge and power.

Upon entering the bright cosmic hub, you will notice the surrounding multicolored lights forming a great wall of many side-by-side vertical frames, within which your past unfolds in chronological order, from your pre-incarnation existence to your present incarnation. Each vertical frame represents a significant period of your past, with the first frame depicting a record of your pre-incarnate existence, and each successive frame depicting either a lifetime or a discarnate interval between lives. Pictured in each frame is the progression of your growth, beginning at the bottom of the frame and culminating at the top. The last frame, which is incomplete, is the record of your present lifetime.

As your past unfolds before you in these vertical frames, you will notice the continuity and common themes of your life. The total cosmic span of your past, including each cosmic frame and its complete contents, is now at your command.

Commanding your attention are certain highlighted contents that represent significant events or turning points in your development. Guided by the higher wisdom of the cosmos, you can allow the frames to progressively unfold, or you can arrest certain frames, download specific contents, including those highlighted, and focus on their empowering relevance.

NOTE: It is important to emphasize the confidential nature of cosmic archives. The cosmic records of each individual are available to that individual alone.

Step 5: Astral Return. To end the ascension experience, affirm your intent to return to your physical body, which is resting comfortably at a distance. Sense again the presence of your escorting guides, who are now poised to accompany your return and guide your reentry. Upon re-engaging your physical body, the hypnotic trance will be spontaneously resumed.

Step 6: Resolution. Allow the hypnotic trance to continue as you reflect briefly on the ascension experience, and then affirm:

> Upon ending this trance state by counting from one to five, I will have immediate and full recall of all that I experienced during my out-of-body ascension. I will understand the significance of this experience, and use the knowledge gained from it to enrich and empower my life.

As you end the trance state by counting from one to five, intersperse your counting with suggestions of increased wakefulness accompanied by a powerful sense of personal fulfillment and wellbeing.

Step 7. Conclusion. Conclude the procedure by further reflecting on the ascension experience and contemplating its empowering relevance. Give particular attention to the events that commanded your attention, and the common threads that

characterized your past-life history.

Day Six: Astral Plane Therapy

Objective: To experience the therapeutic benefits of astral projection.

Day six of our plan introduces Astral Plane Therapy, which is based on the concept that simply experiencing higher astral planes is inherently therapeutic. Even in the absence of clearly formulated goals, this strategy is energizing and empowering. Spontaneously, it generates positive feelings of security and self-worth. It can be structured, however, to achieve highly specific therapy goals—such as overcoming depression, reducing anxiety, resolving conflicts, and breaking unwanted habits. In the group therapy setting, this procedure has been highly effective in generating positive interactions and building productive relationships.

A comfortable, reclining position is recommend for astral plane therapy, which requires approximately one hour in a setting free of distractions.

Here is the procedure:

Step 1: Body Scan. With your eyes closed, mentally scan your body while relaxing each muscle, beginning at your forehead and progressing downward. When the scan is complete and your body is fully relaxed, focus your attention on your breathing. Continue focusing on your breathing until you develops a slow, rhythmic pattern.

Step 2: Out-of-Body Induction. With your body now fully relaxed, visualize yourself becoming so liberated from the pressures of life that you begin to drift gently upward like a vaporous image away from your physical body, leaving all your cares behind. Notice the sense of freedom and peaceful release from your body at rest below you. Take plenty of time for full conscious liberation from your physical body to occur.

Step 3: Affirmation. As you remain suspended over your body and enveloped in radiant light, affirm:

> I am now balanced, energized, and at peace with myself and the universe.

Mentally invoke the power of higher astral planes, and notice the colorful concentrations of pure astral energy slowly emerging from a distance and surrounding your astral body. Think of each color as representing a particular cosmic resource, such as green for good health, blue for tranquility, and yellow for enlightenment. Allow each colorful concentration to slowly permeate your entire being. Notice the peaceful infusion of positive energy. Allow yourself to remain in this quiet, unencumbered state until your entire being is fully energized and saturated with power.

Step 4: Re-engagement and Reaffirmation. Gently re-engage your physical body by giving yourself permission to slowly descend and settling into it. Before opening your eyes, focus again on your breathing, and then affirm:

> I am now fully infused with abundant energy and power.

With practice, you will discover this four-step program becomes increasingly effective. While valued primarily for its therapeutic benefits, it can be used for almost any personal empowerment goal.

Day Seven: Astral Outsourcing

Objective: To access new growth resources by interacting with the higher astral planes.

Our seven-day plan concludes with astral outsourcing, which is designed to access multiple astral planes and interact with them. Through this procedure, you can actively engage relevant sources of astral power as well as interact with various astral entities,

including guides, teachers, and other specialized growth facilitators. This procedure empowers you to gather the astral resources relevant to your present growth and personal goals.

Here is the procedure:

Step 1: Outsourcing Preliminaries. Approximately one hour should be allowed for astral outsourcing, during which there must be no distractions. Assume a reclining position with your legs uncrossed and your arms resting comfortably at your sides. To begin the procedure, specify your goals, and then relax your physical body using cognitive techniques such as body scan, deep breathing, and peaceful mental imagery. Once your body is fully relaxed, introduce affirmations to facilitate travel and empowering interactions. For this procedure, saying the affirmations aloud seems to make them more effective. Recommended affirmations are:

> I am surrounded by peace and tranquility as I travel out-of-body to experience the highest realms of astral power. I am sheltered and protected by caring guides, who will be my constant companions throughout this experience. The limitless wisdom and power of the astral realm await my search and welcome my interaction.

Step 2: Outsourcing Induction. To induce the out-of-body state, close your eyes and visualize your physical body at rest. Take as much time as you need to form a clear image of your physical body, and then visualize your astral double as a light form bearing your consciousness rising gently upward. Take plenty of time to reach a full sense of separation from your physical body, and then mentally reaffirm your intent to explore distant astral realms and engage the empowering presence of astral entities. Use imagery of distant planes to reinforce your affirmations. At this point in the procedure, you will likely experience the presence of astral guides

as they accompany you to higher astral planes. Upon reaching the spiritual dimension, many travelers experience wonder at the breaking of the cosmic energy barrier and the splendid emergence of power. Entrance into that realm is almost always accompanied by awareness of multiple colors and a magnificent infusion of energy, along with a serene sense of oneness with the universe.

Step 3: Multi-Colored Outsourcing. At this step, the infusion of energy continues as you engage the multi-colored astral plane. If you have practiced past-life ascent or other regression procedures that explore life between lives, you will immediately recognize this familiar zone in which teachers, guides, angels, and other ministering entities appear as warm, nurturing friends. Telepathy is the communication mode, and pure love characterizes every empowering interaction. Discarnates, some of whom may be familiar, are typically present in exceptionally beautiful surroundings.

> The major resource of the multicolored astral plane is cosmic love, the essential element in our spiritual evolution. You can infuse yourself with pure cosmic love simply by lingering in this dimension and interacting with its growth facilitators. Cosmic love is the most powerful force in the universe. It empowers our total being—mentally, physically, and spiritually—with positive energy and vitality. A full infusion of cosmic love provides the basic foundation required for outsourcing the more highly specialized planes in the cosmos.
>
> Although deeply personal interactions with discarnates can occur while outsourcing other planes, they often unfold at this level. Common examples are joyful reunions with the departed, including relatives, friends, and animals. These interactions are invariably empowering for all involved.

Step 4: Specialized Outsourcing. At this point in the procedure, you can choose to conclude the out-sourcing experience by going directly to Step 5, or you can continue outsourcing by tapping into the more specific resources of other planes through specialized outsourcing. Numerous specialized planes, each with a predominate color that signifies its specialty, are available for outsourcing. The pure white energy realm is experienced by astral travelers only indirectly, as a distant source of energy and coloration for all planes.

The specialized planes most frequently experienced during specialized outsourcing are violet, blue, green, yellow, orange, and red. Each plane has its own resources, growth frequencies, and specialized growth facilitators. Ministering guides pass freely among the various planes, and often escort out-of-body travelers from plane to plane. Visits among different planes can be spontaneous or selected by personal choice, in collaboration with astral guides.

Outsourcing the Violet Plane

The astral planes of violet, which are among the most brilliant in the cosmos, are associated with spiritual enlightenment and actualization. They are usually situated near the brilliant white light at the center of the celestial cosmos. Interactions with violet planes and their growth facilitators are enlightening and inspiring. They can answer questions concerning the purpose of our lives and the meaning of our existence—past, present, and future. They can connect us to the highest power in the cosmos. They can balance our lives and bring us into a state of oneness with all that exists. All our temporal dilemmas and anxieties succumb to the empowering inter-actions that take place on this unique plane—hopelessness and despair are replaced by faith and inner peace.

Outsourcing the Blue Plane

The blue planes, which are numerous, are valued for their balancing and attuning qualities. The blue planes are universally attracting, and many travelers are drawn to them. You can voluntarily enter a blue plane simply by focusing on it and communicating your intent to the ministering guides who are always present during outsourcing. Travelers who need balance and harmony in their lives will benefit particularly from interactions with this plane.

Outsourcing the Green Plane

The green astral planes are known primarily for their mental, spiritual, and physical healing powers. When bathed in the energies of the green plane, the astral body becomes revitalized and empowered to transport healing energy to the physical body at rest in its distant physical setting. The result can be a powerful infusion of mental, spiritual, and physical rejuvenation. To interact with the green plane, focus your awareness on its gravitation-like force and give yourself permission to be drawn further into its field. Entry into the plane is usually gradual, with progressive infusions of vitality and renewal. Upon fully engaging this plane, most travelers experience a peak infusion of healing warmth—which can, in turn, be transported simply by intent back to the physical body.

Outsourcing the Yellow Plane

The yellow astral planes are important to our personal empowerment because of their capacity to promote learning and intellectual growth. Maximizing the empowering effects of the yellow plane, however, usually requires a series of out-of-body excursions that recognize the plane's various energies and our capacity to tap into them. Our studies showed that

repeated outsourcing of this plane can, over time, literally accelerate intellectual development.

Outsourcing the Orange Plane

Motivation and nurturance are the specialties of the orange astral plane. Orange planes typically function primarily as passageways or gateways to other planes. Typically situated between yellow and green planes, they combine the frequencies of both in order to motivate learning and nurture healthful change. The benefits of outsourcing all the other specialized planes are spontaneously nurtured through experiencing the energies of the orange plane.

Outsourcing the Red Plane

The red plane is one of the most intensely powerful planes in the cosmos. This plane's primary function is short-term intervention and remediation, under the auspices of highly trained astral specialists. Out-of-body travelers who enter the red plane usually experience a searching review of their lives, including fleeting glimpses of important past incarnations. Although astral outsourcing on this plane is typically brief, it can uncover critical growth blockages and identify effective ways of overcoming them. Following an interaction with the red plane, outsourcing the green plane to infuse the mind, body, and spirit with healing energy is recommended.

Step 5: Astral Return and Conclusion. Astral return to the biological body begins with the conscious intent to end outsourcing, followed by the simple affirmation:

I am now ready to return to my physical body.

Attention is then focused on the physical body at rest in its familiar environment, followed by awareness of accompanying guides and a gentle reentry. Various physical sensations signal the completion of full astral/biological re-

engagement.

Astral outsourcing is concluded by a brief period of contemplation, followed by affirmations to reinforce the empowering effects of the experience. Examples are:

> I am at my peak mentally, physically, and spiritually. I am aware of my potentials, and I am empowered to develop them. I am enveloped in peace and tranquility. My life is filled with love and joy. I believe in myself and the powers within. I am attuned to the highest powers of the cosmos.

These concluding statements can be supplemented by globally relevant affirmations, such as:

> I am committed to helping others and making the planet a better place. I will use my resources to prevent human and animal suffering and abuse. I will work toward ending poverty and injustice wherever they are found in the world. I will help promote world peace.

Conclusion

With our seven-day plan now complete, we have taken a major step toward enriching our lives with new meaning and power. Given the procedures included in this plan, along with others presented throughout this book, we have built awareness and advanced our understanding of the astral realm. We now have at our command an array of new skills that can be used whenever needed to probe the boundless sources of power, from the innermost part of the self to the most distant reaches of the cosmos. We can now activate new growth processes and accelerate the development of our highest potentials. We can achieve our loftiest goals while enriching our lives with new insight and fulfillment. Equally as important, we can contribute to the growth of others and make this planet a better place for all who are to

follow us.

[contents]

17
FURTHER STUDIES FOR ASTRAL EMPOWERMENT

This is the "last" chapter of the book, but—really—there is never a truly final chapter for any good book, fiction or nonfiction, and we hope that you will consider this not only a good book but an excellent one.

Why is there never a final chapter? Simply because authors will always think of more they could add (which is why there are second editions or sequels, or new and improved versions) and readers will always think of questions to ask and information they would like.

For a change, we are going to address these matters, both through the appendices that follow, and the several exercises, experiments, and programs we are providing in this chapter.

As we've remarked previously, the astral world is much larger than the physical world—not so in the sense of space and time but in consciousness to which there can be no borders, no limits.

As you've realized by now, your entry to the astral world is not simply a matter of opening a door or gate or using your astral vehicle to move hither and yon. Yet, the fact is that you have opened a door to your own greater development, which we simply categorize as "Psychic Empowerment" although it is much more than a matter of using various psychic skills and related tools and techniques. (For more information please see suggested reading at the end of this chapter)

What we really offer is both challenge and opportunity to take

the Next Step to initiate your own Great Work.

Your Great Work of Growth: Transformation & Accelerated Evolution

The "Great Work" is the common name used in magickal orders and esoteric fraternities for their programs of growth and transformation that are, in fact, methods of accelerated evolution. Unfortunately, many times the noble intentions are negated by organizational politics, grandiose illusions of the leadership, and even greed for power and riches. An old saying is to the effect that few esoteric and religious movements truly survive their founder's death as the "managers" move in to take their place.

When the Student Is Ready, the Teacher Will Appear: YOU!

"When the student is ready, the teacher will appear." That's a timeless promise that today is best met as the student undertakes self responsibility for growth and development by utilizing books and courses favorably noted by qualified reviewers. The obligation of self responsibility remains equally valid for the solitary student and for those who associate in initiatory orders and institutional instruction. Always honor your own intuitive judgments.

An old television series always opened with: Your assignment, if you accept it, is …

The Next Step to Action and Application

Your assignment is to take the opportunity to move beyond reading seriously. Reading gives you what you need to take the next step to action. The next step in all good educational programs is often called "internship," where the student gains actual experience through practical application of the lessons of the educational

program. In days past, before there were books or formal instruction, the next step was instead "apprenticeship," a word still used in certain Masonic orders. Again, the intention was to gain experience through application. Unfortunately, many times apprentices were practically indentured servants for the Master who never granted the final grade.

Your challenge is to outline your own program of personal growth and development, and to set a series of goals to mark your progress and achievement. Because the Great Work is the work of a lifetime (and, perhaps, many lifetimes to come), you should constantly update your outline and your goals, and constantly judge your progress. It is for this reason that a spiritual, or magical, journal is always recommended for you to record your plans, goals, experiments, and results, and then your determination to improve upon your past work.

Your opportunity is best expressed in a single word, "Will." That may seem strange at first, but all progress comes through persistence, and persistence is accomplished through willful actions. You will yourself to undertake the Great Work; you will yourself to plan your program and to constantly modify it; you will yourself to carry out your program and experiments; you will yourself to set goals and to record and fairly judge your results; and you will yourself to always make the Great Work your Life Work.

Willpower Distinguishes the Adept From the Inept

Willpower is what truly distinguishes the Adept from the inept. It is through will that you apply your knowledge and skills to accomplish your goals. It is through will that you are able to integrate all the tools and techniques embraced by your growing skills and knowledge. It is through will that you progress, achieve, and become more than you are.

Discovering Your "True" Will

In esoteric studies a lot of attention is devoted to distinguishing one's true will from desire and wishful thinking. Discovering your True Will is different than applying your will—which is really the focus of intention to the accomplishment of your goal.

The human will is at the core of all your success, and Will is itself a very extensive metaphysical principle at both the individual and cosmic level—see the reference to Schopenhauer in the suggested reading list. Will, in this sense, is an unchallengeable focus of energies upon the accomplishment of a goal and is the foundation for all discussions of Mind Power, self-help subjects, magickal operations, and a fulfilling life. Your true will, then, is such a focus in harmony with your higher self.

Your intuition, quietly listened to in calm meditation, will clarify the essence of your desires in relation to your real needs and life purpose. A life driven by desire is an endless orgy of images created by marketers of consumer products, and is a total waste of your inner and financial resources. Your Great Work is freedom from the greed of others for your vote, for your money, and for your unrestricted attention to their pandering.

Your Partner, Your Spouse

There is great value in sharing the Great Work with your spouse or with a partner. Of course, this is not always possible, and it should not deter you from your effort. With a partner, you reinforce the work of one another and sharing the work with a spouse enhances the relationship of the two of you. Refer back to chapter ten and one-half for further information.

The secondary value of sharing the Great Work with your spouse is in the harmony that ensues through mutual understanding of the nature of the work and support in its accomplishment.

Working with a partner is stimulating, not only because "two minds are better than one" (which isn't necessarily true despite the aphorism), but because the discourse and exchange of ideas often refines and extends the ideas under discussion.

While, strangely enough, "three may make a crowd," working with a partner or spouse can be extended to form a "group mind" should certain of your developing ideas call for it.

Maximizing Your Astral Experiences

As we've seen, astral projection is among the most effective self-empowerment procedures known.

BENEFITS OF ASTRAL PROJECTION

• Through astral projection, you can experience the full scope of your existence, from your earliest pre-existence to the afterlife and beyond.

• You can experience your past lifetimes and your past-life experiences between them.

• You can interact with your personal astral guides and growth facilitators to bring new meaning and success into your life.

• Through astral projection, you can experience the dormant resources within yourself and the limitless resources of the astral realm.

Nothing, in fact, is beyond your reach when you experience the vastness of power existing both within yourself and beyond.

MAJOR GOALS OF EXISTENCE

Among the major goals of our existence are, simply put,

1. Discovering our growth potentials
2. Developing them
3. Putting them into action

Together, these three goals interact to form the centerpiece of our existence. Astral projection can empower you to turn those

goals into realities that will enrich your existence with self-fulfillment and success.

Through astral projection you can open new doors for growth and enlightenment that are otherwise unavailable to you. You can discover totally new meaning to your life as an evolving soul. You can, in fact, experience the fullness of your existence from your preexistence to the present and beyond. Aside from that, you can interact directly with new sources of power and tap into the specific resources related to your present goals and life situations. Through astral projection, you can reach far beyond a constricted world view of your existence to embrace an expansive cosmic view with unlimited possibilities.

The Cosmic Gateway to Power: Discovery + Action = Self-Empowerment

The Cosmic Gateway to Power is a program specifically designed to promote self-empowerment through astral projection. Developed in our labs, the program is sufficiently flexible that you can adapt it to meet your own personal preferences and goals. It is based on the simple formula: Discovery + Action = Self-empowerment. The program recognizes astral projection as the source of new discoveries that motivate goal-related action. The result is self-empowerment in its finest form.

COSMIC GATEWAY TO POWER PROCEDURE

Introduction. The program promotes self-empowerment through astral projection, and is sufficiently flexible that you can adapt it to meet your own personal preferences and goals. The simple formula, Discovery + Action = Self-empowerment, recognizes astral projection as the source of new discoveries that motivate goal-related action resulting in your self-empowerment.

You can incorporate into the Cosmic Gateway Program such personal goals as problem solving, increased creativity, career

success, enriched social relationships, self-discovery, and more. For best results, limit your stated goals to no more than three. Peak experiences that include enlightenment accompanied by an intense infusion of power often emerge during the cosmic gateway experience.

The procedure should be used in an indoor setting with indirect lighting and free of interruptions or distractions. Approximately one hour in a comfortable, semi-
reclining position should be allowed but may be adjusted to meet your objectives and your receptivity to out-of-body induction. With practice, you will master the skills required to more effectively enter the out-of-body state and use it as a cosmic gateway to power.

The Astral Window to the Unknown. The only device required for the procedure is a framed sheet of clear glass which is used for viewing to initiate astral projection and facilitate travel to designated locations. The framed glass "window," approximately twenty-four inches by twenty-four inches, is mounted on an off-white wall at eye level to facilitate easy viewing from a distance of approximately twelve to fifteen feet. If an off-white wall is not available for the procedure, you can mount the framed glass over a sheet of off-white paper or card stock.

Other options include a framed sheet of clear acrylic with an off-white back or an inexpensive framed dry-erase white board. Should a blank wall be unavailable, you can position the frame elsewhere, such as on an easel or hang it from the back of a door using a picture hook. Whichever you chose, dedicate the device to this astral work only. Be creative in securing this device or adapting something to work for this purpose because it can become one of the most important tools in your psychic lab. For our reference, we will call it the "Astral Window to the Unknown,"

or astral window for short.

Here's the step-by-step procedure:

Step 1. While resting comfortable in a semi-reclining position at a distance of approximately twelve to fifteen feet from the astral window, state your goals, either audibly or mentally, and affirm your ability to achieve them through astral projection. Think of astral projection as your ability to access distant sources of power while activating the powers within yourself. State your goals in positive terms and affirm your commitment to achieve them. Visualize your goals, when possible, as realities awaiting fulfillment.

Step 2. Take in a few deep breaths and exhale slowly as you focus your full attention at the center of the astral window as a gateway to the astral realm. Clear your mind and as you continue to breathe slowly and rhythmically, expand your peripheral vision to take in the full window, top to bottom and side to side, while continuing to hold your focus at the center. Next, expand your peripheral vision to its limits by taking in as much of the room as possible—above, below, and beyond the sides of the astral window. Once your peripheral vision reaches its limits, slowly close your eyes. Almost instantly you will experience deep relaxation throughout your physical body. In your own words, affirm your state of relaxation and your readiness to now travel out-of-body. Affirm, again in your own words, your receptiveness to the empowering interactions that await you through astral projection. Finally, affirm your ability to end the astral experience and return to re-engage your physical body at will.

Step 3. With your body relaxed, your eyes closed, and your mind cleared, you are now ready to travel out-of-body. Use visualization to imagine your astral body gently disengaging your physical body and remaining momentarily suspended over it. You

will sense the disengaging process as a comfortable releasing of the astral as the bearer of consciousness away from the physical. With your astral body now the locus of your awareness, affirm your calm release from the physical and your power to now travel by sheer intent to consciously experience destinations of your choice, whether tangible or intangible.

Step 4. With the astral now disengaged from the physical and free to travel, restate your goals and visualize your destination. At this stage of the procedure, you may experience the accompaniment of a familiar guide or ministering presence. The travel experience to distant destinations is typically facilitated by initial travel to a familiar physical setting such as a peaceful garden or other serene place which is called the "launching place." Travels to far-distant destinations, including the higher astral realm, are almost always more effective when initiated from a peaceful launching place.

Step 5. Take plenty of time for astral travel to occur. Keep in mind that the travel experience is autonomous and thus self-directed. You alone formulate your goals, and, through self-consent, use astral projection to achieve them. Likewise, your interactions during travel, including your experiences with a guiding presence or astral planes of power, are also by your personal consent. By assuming personal responsibility for the experience, you significantly expand its empowering possibilities.

Step 6. To conclude astral projection, turn your attention to your physical body and give yourself permission to return to it. If you used a launching place, give yourself permission to return first to that place, and from there to your physical body. Once in the presence of your body, linger momentarily near it and then allow yourself to gently re-engage it. Upon re-engagement, focus on physical sensations of being-in-body, including breathing, weight,

tingling, and so forth.

Step 7. As you remain in a peaceful, relaxed state, reflect upon the experience and, in your own words, affirm its empowering effects. Remind yourself that, while the empowering results of astral projection may not be immediately known, every astral experience is purposeful and potentially empowering. There is, in fact, no unsuccessful or meaningless astral experience.

Step 8. Keep a journal of your astral projection experiences.

Summary of Purpose and User Benefits: the cosmic gateway to power is among the most versatile procedures known for astral projection and travel. Its application as a gateway to the astral realm recognize the holistic concept that the totality of our existence is enriched when we assume personal responsibility for our development as soul beings. For travel to distant tangible destinations, the procedure usually requires little practice. Travel, however, to the astral realm often requires greater diligence. While the astral realm with its ministering guides and diverse dimensions of power are consistently receptive to our presence, initiating empowering interactions with them usually requires focus and concentration. By interacting with the cosmic realm through this procedure, we take a major step toward the achievement of our highest goals and the full realization of our potentials.

The Cosmic Gateway In the Lab

Our lab studies of the cosmic gateway to power revealed an extensive range of applications including:

Cosmic Gateway Applications

- Exploring relevant past-life experiences
- Developing dormant potentials
- Solving personal problems
- Promoting better health and fitness

- Enriching interpersonal relationships
- Finding solutions to global problems

At another level:

- Exploring the spirit realm
- Accessing cosmic planes of power
- Interacting with the departed were all within the scope of this procedure

Other Cosmic Gateway Applications:

- Stimulating clairvoyance and precognition
- A modified magick mirror
- Aid to creativity

In our research studies of astral projection through the cosmic gateway of power, our subjects often experienced impressions and images related to their past-life interests and commitments. Not surprisingly, the question repeatedly surfaced: Can a past-life commitment interrupted by death be resumed as a continuation of that commitment in a future life? That possibility was illustrated by a young sociology student whose career goal since his early teens was public service abroad. During astral projection, he discovered that his most recent past life was devoted largely to environmental protection through his work as a Peace Corps volunteer. He is convinced that his present lifetime is a purposeful continuation of that earlier lifetime commitment cut short by death.

Partners In Previous Lives, Partners In Current Life

Like past-life commitments, partner relationships interrupted by death may also seek continuation through reincarnation. A clinical psychologist whose work is devoted to couples counseling is convinced that her husband in this life is the reincarnation of her husband in a recent past life, a belief that was validated during her

use of this procedure. She and her husband alike view their present relationship as a fulfilling continuation of their past life together. Several other subjects participating in our research of this procedure experienced past-life impressions of the person they recognized as their present partner. Although the physical characteristics of the past-life partner differed from their present partner, they recognized the spiritual makeup as the same.

Although it may seem implausible that a past-life's commitments and relationships interrupted by death would be resumed in a later lifetime, we know that each lifetime is a continuation of our past-life experiences. Consequently, the "resurrection" of past commitments and relationships through reincarnation may be far more common than presently realized, especially in instances of abrupt endings or untimely death.

Another question frequently raised by our research subjects concerns our capacity as incarnates to contribute to the quality of life in the discarnate realm through astral projection. We know, of course, that among the major goals of each lifetime is to maximize our personal growth potentials while making the world a better place for present and future generations. It would reasonably follow that by contributing to the betterment of the world, we are likewise contributing to the betterment of the afterlife. After all, souls who experience quality of life in this realm take that quality with them into the afterlife where their presence makes the afterlife a better place for the continued development of souls.

In view of the fact that the evolution of souls is a never-ending process of growth, it would follow that quality growth, whether in life or afterlife, has a cumulative effect that promotes universal quality of life. Through our contributions to the greater good both here and beyond, we promote quality of life as a cosmos-wide phenomenon. The highest goal of our existence thus becomes the promotion of the quality and magnificence of life in the cosmos.

Our research subjects were convinced that their interactions with the astral realm were mutually rewarding. The exchanges of emotions, perceptions, ideas, and beliefs, they felt, were rewarding to both themselves and intelligent beings in the astral realm. Likewise, the feelings of dignity and worth characterizing their interactions were mutually shared by all participants.

Yet another question raised by our research subjects concerns the existence of animal beings in afterlife. Do animals that have enriched our lives and added beauty and balance to the earth continue their existence in afterlife? Our research consistently supported that possibility. During astral projection, many of our research subjects experienced a joyous reunion with their departed animal companions. The personal experiences of our subjects in a controlled lab setting provided for them irrefutable empirical evidence of the survival of animals in afterlife. Through their astral interactions, the bonds between themselves and departed animal companions became, in some instances, even stronger and more enduring. Based on their extensive probes, they concluded that animals are essential to the splendor, beauty, and meaningfulness of the afterlife realm. According to our subjects, the possibility of "shared meaningfulness" and "renewed bonding" with departed animal companions greatly adds to the attractiveness and appeal of the afterlife realm.

Aside from its usefulness in facilitating astral projection, the cosmic gateway to power has numerous other applications. Step 2 of the procedure can be easily adapted for use in stimulating various extrasensory functions including clairvoyance and precognition. As our subjects focused upon the astral window, images of unseen realities often appeared vividly upon it. The device has shown particular usefulness when used as an investigative tool for gathering information related to unsolved crimes. Several other subjects reported having received important

information regarding future events while viewing the astral window. In some instances, the information involved matters of global significance, including the fall of a foreign leader and a piracy act of terror.

The framed glass can also be used as a modified magick mirror to depict relevant images related to personal life situations and concerns. A student, for instance, used the device to provide a clear image of the graduate school she would later attend. A research assistant majoring in psychology claims to have seen upon the glass a clear, highly detailed image of his future bride. When he later met her, it was, by his report, “instant and enduring love.”

The astral window has shown unusual effectiveness when used as a device to
promote creativity among professionals and students alike. For instance, a highly successful fashion designer reports regular use of the astral window as a creative source for her designs. She often sees depicted on the glass highly detailed images of the fashions she then creates. A college art professor reported unusual success when he introduced the astral window as an instructional aid into his art class. By his report, the quality of student paintings rapidly increased when it was introduced as a device to facilitate creativity.

Aside from these applications, Step 2 of the procedure can be used to allow images of both past life and afterlife significance to appear upon the glass. This step is also useful as a therapeutic technique, especially when applied to manage stress, lose weight, and break unwanted habits. According to one subject who used the technique to break the smoking habit, “The framed glass is not only a gateway to power, it is also a gateway to liberation.”

Each of these adaptations and alternative uses of the cosmic gateway to power reflects the remarkable flexibility and extensive usefulness of the procedure. When we bend a detailed program to

meet our personal needs and preferences, the effectiveness of the program almost always increases. Inherent in the best of established step-by-step procedures is elasticity and receptiveness to change. In our probes of complex phenomena, it's important to recognize that constrictive structures and inflexible theories are typically non-functional. All too often, we limit the effectiveness of potentially empowering tools and techniques by imposing fixed rules that complicate application and disregard individual differences. There remains an important place in our study of astral projection for diversity and discovery, both in the lab setting and in real life.

Your Own Psychic Lab

Yes, your own "Psychic Lab". No, we're not talking a large staff in a big building with sterile conditioning and extreme security measures. But we do suggest a dedicated space, even if when not in use, so that all your equipment is put away and family or visitors don't disturb the atmosphere of the lab while your experimentation and practice are in progress.

If you have the luxury of a spare room to set aside for your work, that would be wonderful. Still, a place where you normally do your reading and have your computer, and can have space on a table or desk to work with the divinatory tools, will certainly qualify.

Just as important as the space is the value of establishing a schedule, daily or weekly, for the work, including recording in your journal. Make your psychic development, self-improvement, and spiritual growth an established part of your life.

In addition to the programs for astral projection and the analysis and recording of your experiences, there is a considerable value to be found in the development and practice of basic skills of divination. Divination, along with psychic clairvoyance and dream

work, involves establishing channels between the subconscious and the conscious minds, and the extension of awareness to include the subtle physical energies and the lower levels of the astral plane.

While there are many forms of divination, some of which you may already have mastered, we are suggesting five particular techniques and their accompanying tools for your consideration:

• The simple Pendulum, preferably one that allows for the insertion of a "witness" or sample material.

• The Dowsing Rod, which can easily be made from a forked stick or a pair of coat hangers.

• A Skrying Mirror (also called a "Magic Mirror") and/or a **Crystal Ball.**

• Tarot Cards

• Tea-Leaf Reading

We are not including detailed instruction for each of these techniques here—that can better be provided in books you may already have or in those suggested at the end of the chapter—but rather we want to discuss your psychic state of sensitivity. (We will discuss more about the psychic law and developmental research at the end of this chapter.)

The Importance of Psychic Sensitivity: A State of Openness of Mind, Body, & Feeling

Why is it important to even say this? In all honesty, most of us—once past puberty—become increasingly convinced that we "know it all." It's not that we don't acknowledge our need for higher education or vocational training, but as we enter the young adult phase of the necessary move towards emotional independence from childhood security we tend to adopt the beliefs and attitudes of our own immediate social group regarding religion, philosophy,

social mores, sexuality, etc., and close our minds to alternatives. As we grow older, the mental shell we have erected may become more and more resistant not merely to different ideas but to any psychic impressions.

In some cases, our exposure to organized religious institutions or to particular teachers in higher educational classes may convince us to fear any psychic impressions as either the "work of demons," or dangerous psychosis, or archaic superstitions.

The result is a rigid shell that confines the victim to his physical body and material dimension, resistant to all nonphysical experience regardless of source. Nothing can get in and nothing can get out.

But, you wouldn't be reading this book if you were entirely closed to nonphysical reality. Whether you think of yourself as a seeker, or are an active explorer of spiritual dimensions, astral projection is a step forward in your own growth and development. But you may have difficulty taking that step or of fully realizing the potential that is open for you.

Your sensitivity to psychic factors starts with an attitude of openness in contrast to the rigid denial that does characterize so many people whether at a conscious or unconscious level. Some of the unconscious factors may trace back to childhood fears of "monsters in the closet" or even to experiences and indoctrinations during previous lives. While some very rigid denials may call for intervention through hypnosis or self-hypnosis, in most instances a simple conscious decision of openness may be all that is required to open the doors and windows of the mind to the psychic and spiritual universe.

In addition, various exercises will expand your awareness and give meaning and direction to your expanding universe.

The American Middle Pillar & Auric Energizer

This particular exercise is adapted from pages 141–151 of our previous book in this series, Self-Empowerment & Your Subconscious Mind. This is a spiritual technique based on a Qabalistic exercise which can be found in an excellent book, The Middle Pillar: Balance Between Mind and Magic by Dr. Israel Regardie, edited and annotated with new material by Chic and Tabatha Cicero. In the original form, the images and words used are in Hebrew, while the form given here in our version uses more familiar Latin words and American images for those not trained in the Qabalah.

The function of the exercise is to stimulate six psychic centers (chakras) of the physical/etheric body, energizing the aura, circulating energy and awareness throughout the aura, and then to expand the aura and awareness to encompass all the Earth. Then, while withdrawing back to your own center, to rain love and blessings down on the Earth and all living within Her.

This exercise actually extends your awareness to encompass the whole earth itself so as to become part of the planetary consciousness, and thus able to intentionally influence happenings. Yes, such individual effect may be minimal, but it can also be cumulative as others practice similar extensions should there be an organized effort to do so around a single idea.

It's a big and challenging concept! But you have the power to do it. Everyone has the power to bless because it follows the intent to do so. You were formed in the image of the Creator and so it is that you have the capacity to love and the power to bless.

AMERICAN MIDDLE PILLAR & AURIC ENERGIZER PROCEDURE

Introduction. This is, in some ways, one of the more complex procedures because of the various items listed in the following tables that need to be memorized and visualized before the actual exercise is undertaken.

The psychic centers are truly psychic, but their position is associated with areas of the physical body. We need to "open" them in several stages. And it is to be noted that this is an exercise that can be undertaken individually or in group practice as a fundamental ritual of unification.

Psychic Centers: Location, Name & Sephirothic Correspondence

Location	Name*	Sepheroth
Above the Crown of the Head	Magnus Spiritus	Cosmic Cente Kether
Brow, between the Eyes	Mater Stellarum	Control Cente Binah/Chokm
Throat	Puer Maris	Bridge Center Daath
Heart	Aquilla Bellatrix	Sun Center, Tiphareth
Genital area	Alba Domina	Moon Center, Yesod
Feet together, at the insteps	Mater Libertas	Earth Center, Malkuth

* A note on pronunciation of these names, for they each invoke a particular vibration that is to felt in the associated body area. In each case you want to break the words down into syllab and giving each syllable the same weight, chant each syllable the same length of time. Alwa take a full and deep breath before pronouncing the name, and try to be at the end of that bre as you complete the word/phrase. As you speak the name, you want to vibrate** (**Vibratio accomplished by a "quiver" at the back of the throat to energize the word.) each syllable in a to that is slightly lower than your normal speaking voice. Additional information on the origin these names appears at the end of this chapter.

The language used for the psychic centers is not important in

itself. Hebrew and Greek are often preferred because of long usage and the ease of numerical associations in Qabalistic practice. Latin is used here because of its basic familiarity to English language speakers and yet it is not common to them: hence it has more magical, or sacred, potency than would plain, ordinary English. And, of course, Latin was long the sacred language used by the Catholic Church, adding that potency as well.

There is also the value of familiarity with the language as we associate the words with actual American images, as follows:

Psychic Centers: Name & Associated Image

Name*	Images
Magnus Spiritus	Great Spirit, the "Manitou," Sky Father
Mater Stellarum	Mother of the Stars, the Star Goddess
Puer Maris	Child of the Waters
Aquilla Bellatrix	Warrior Eagle, the American Bald Eagle
Alba Domina	White Lady, the Moon Goddess
Mater Libertas	Mother Liberty, the Earth Mother

These images are not the same as the particular symbols to be associated with the body locations of the psychic Centres themselves, which will be given next. However, these images should be sensed appearing in front of you as if "invoked" by the names used as sacred names of power. The images should appear facing the same direction as you are for they are part of you.

A note on pronunciation of these names for they each invoke a particular vibration that should be felt in the associated body area. In each case you want to break the words down into syllables, and

—giving each syllable the same weight—chant each syllable the same length of time. Always take a full and deep breath before pronouncing the name, and try to be at the end of that breath as you complete the word/phrase. As you speak the name, you want to vibrate** (**Vibration is accomplished by a ‘quiver’ at the back of the throat to energize the word) each syllable in a tone that is slightly lower than your normal speaking voice.

The psychic centers themselves are not to be visualized as images or symbols, but rather as colored spheres of intense light, each about one and one/half inches in diameter, located—as indicated—either as a full sphere external to the body, or as a half sphere partially within the body and partially projecting out in front of the body. Nevertheless, you know and feel the half sphere as a whole one—the other half being internal. The actual center should be perceived as glowing as a colored light.

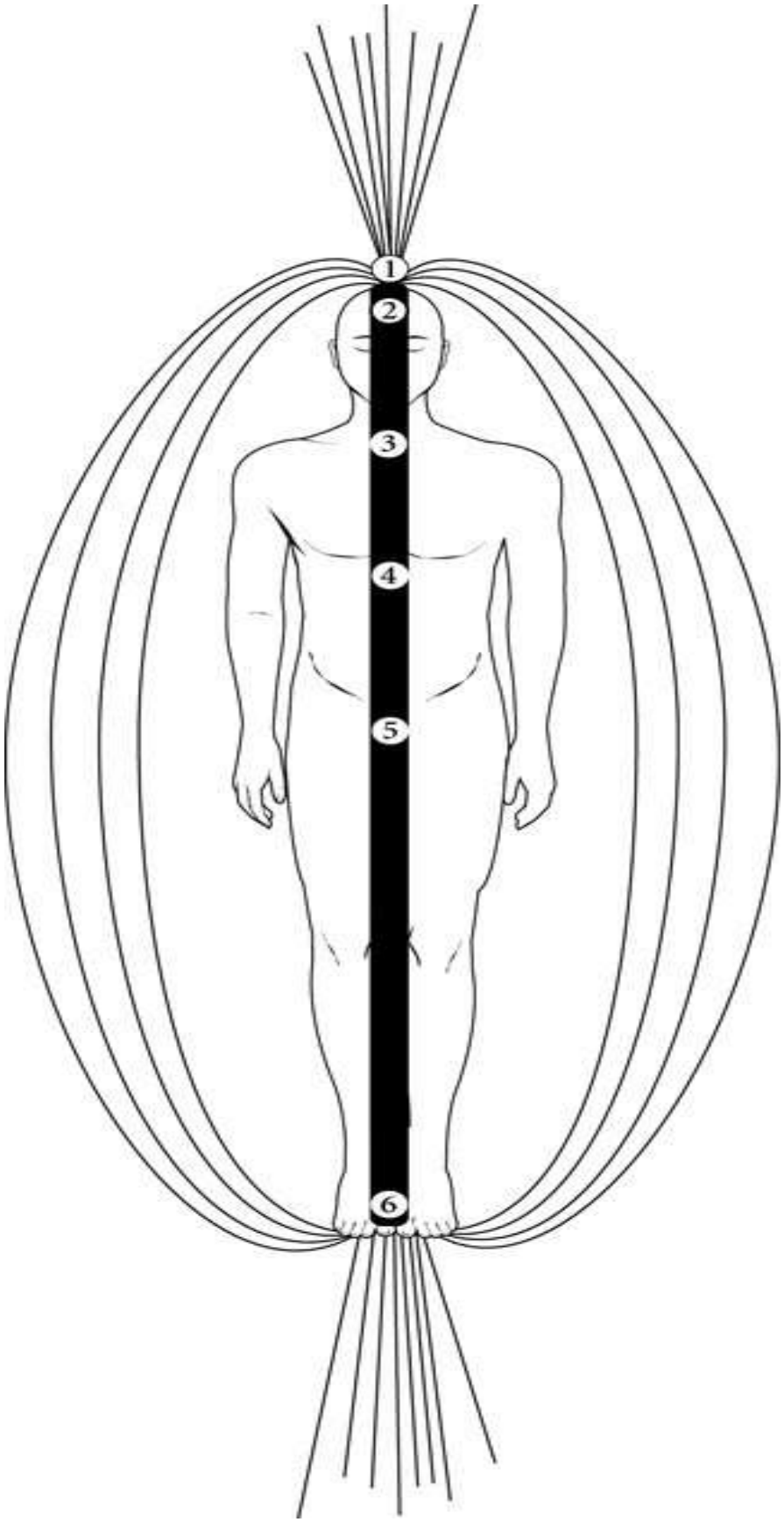
Psychic Centers: Name, Location & Color

Name*	Location	Color
Magnus Spiritus	Sphere —six inches above head	Intense White light
Mater Stellarum	Half sphere —center of brow	Pearl Gray
Puer Maris	Sphere —just in front of throat	Purple
Aquilla Bellatrix	Half sphere —center	Yellow/Gold

	of chest	
Alba Domina	Half sphere — genital area	Lavender/Vio
Mater Libertas	Sphere —half below ground, half above— at feet	Rainbow of Colors

The centers are activated sequentially from just above the crown of the head down to just below the feet. As they are activated, a beam—or pillar—of white light is seen and felt to descend from above the head down through the center of the body and just into the earth at the feet. This “Middle Pillar” descends to the point corresponding to the area of the center being activated, and remains there while you are vibrating the name, and then descends further as you proceed to the next center in the sequence.

Once completed, the middle pillar is to be seen and felt to have circulation both upward and downward as it connects the Heaven and Earth poles of the human electrical circuit.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Now that you have the "picture" and all the instructions, let's do the exercise step-by-step.

THE AMERICAN MIDDLE PILLAR EXERCISE

Step 1. Form the mental image of a sphere above the crown of the head in intense white light. See it, feel it, hold it! Take a deep breath and vibrate Mag-nus Spir-it-us as you exhale. Inhale and reform or reinforce the sphere and vibrate the name again. Repeat a third time. As you vibrate the names, feel the center itself vibrating. In your mind's eye, see it vibrating. Feel the power in the center.

Step 2. Upon an exhalation, see the middle pillar of white light descend from the crown center to the level of the brow center. See it, feel it, and continue to hold it there.[1]

Step 3. Form the image of the sphere of pearl-gray light in the brow center—half in and half out. See it, feel it, hold it! Take a deep breath and vibrate the name Ma-ter Stell-ar-um as you exhale. As you inhale, reform and reinforce the sphere of light at the brow center, and then again vibrate the name for a total of three times.

Step 4. On an exhalation, bring the middle pillar down to the throat level.

Step 5. Form the throat center sphere in purple—totally outside just in front of the throat as indicated. See it, feel it, hold it! Vibrate the name, Pu-er Mar-is. Repeat as previously for a total of three times.

Step 6. Bring the middle pillar down to the heart center as previously instructed.

Step 7. Form the heart center sphere in yellow/gold in the center of the chest. See it, feel it, hold it! Vibrate its name, A-Quil-lah Bel-la-trix, three times as previously instructed.

Step 8. Bring the middle pillar down to the genital center as

previously instructed.

Step 9. Form the genital center sphere in lavender/violet in the genital area. See it, feel it, hold it! Vibrate its name, Al-ba Dom-in-a, three times as previously instructed.

Step 10. Bring the middle pillar down to the feet center as previously instructed.

Step 11. Form the feet center sphere in a spinning rainbow of colors in the insteps. See it, feel it, hold it! Vibrate its name, Ma-ter Li-ber-tas, three times as previously instructed.

Step 12. Finish at the earth center between the feet, and see the middle pillar extending as a column of white light and vibrating energy from just below the feet up through the center of the body and out the top of the head.

Step 13. Now, you inhale your breath, see and feel energy rise up the middle pillar from just below the feet to "fountain out" just above the head as you exhale. See light descending from above your head to join that from your middle pillar, flowing down on all sides of the body to sweep back in at the feet so that you have an egg-shaped oblong sphere around you. See it, feel it, hold it!

Step 14. Again inhale, feeling more energy from the earth rising up the middle pillar, adding more and more strength to the power you are circulating. Likewise feel more energy and light being added at the crown as you start each exhalation.

Step 15. Circulate the light and energy up the middle pillar and out and down the egg-shaped aura for as long as you can feel energy still being added to the circuit you have developed. Make this such a positive image that you can form the aura about you at any time without going through the whole exercise.

Step 16. If working alone, you can end the exercise at this point, but it will be ideally repeated once daily.

Step 17. If you are working with a group of individuals, each

doing the same thing together in concert following the pattern as set by a leader, you can now bring the individuals together in a circle, arms joined shoulder to shoulder or hand to hand as you prefer, and form a single middle pillar at the circle's center for the entire group and a common aura about the group. Raise energy from the common earth center of the group middle pillar to fountain above, and joining with more descending light from above to flow down the group's aura and back in at the earth center.

Step 18. Upon common agreement, you can change the direction of the circulating energy from vertical to horizontal, moving clockwise around the group, and expand the circulating group aura outward to the far horizons of locale, region, nation, and the world as desired.

Step 19. See the far horizons in the mind's eye, and pour blessings upon the Earth as if rain falling upon parched soil. Continue for as long as you feel comfortable, and then bring the aura back to the group, identify with the middle pillar of the group, and then separate and reidentify with your personal middle pillar and aura, and then close down.

Step 20. It is possible for the group leader to visualize the entire exercise without the members being together if the group is firmly established and the members have given their individual permission. It's better if those members know of the leader's plan so they can participate in absentia. This will be more completely treated in a separate book on the group mind.

Step 21. The exercise can also be modified for use by an intimate couple in a procedure basically like that for the group. Standing face to face, arms on each other's shoulders, with the middle pillar visualized between you and a single aura around you, circulate the energies as before, first vertically and then

horizontally. You can expand your joint aura to encompass family, home, the entire home property, a family business, and your financial estate. You may want to relate this back to the discussion in chapter ten and one half. This will be more completely treated at a future date in a separate book for the Intimate Couple.

Step 22. You can also modify the middle pillar for the intimate couple prior to sexual union. After building the middle pillar and aura separately, standing face to face, come together as above with the middle pillar visualized between you, your arms on each other's shoulders, circulate the energies vertically, and then the male should focus on the brow center and project energy to her brow center. She receives it and brings it down through her spinal column to her sex center where she projects it to his sex center. He brings it up through his spinal column to his brow center, and projects it to hers as before. Repeat as long as desired, and then complete with sexual union.

Step 23. It is possible to perform the middle pillar exercise for the intimate couple even when they are separated by distance, visualizing each other and circulating the energies as if the visualized person was present. It does not require the other person to do the visualized exercise simultaneously.

Step 24. It is desirable to end the exercise, whether group, couple, or solitary, with some positive act of body consciousness such as stamping your feet on the ground, shaking your hands, calling out "It is finished!" or having a long drink of water.

VISUALIZE IMAGES WITH "YOUR MIND'S EYE"— ADDENDUM TO PROCEDURE

The real value in the exercise is the expansion of consciousness that comes with expansion of the aura. In that sense it's similar to other exercises that train the physical senses, that strengthen and stretch muscles, and that train your ability to observe and remember scenes in your imagination along with the ability to

accurately visualize images with your mind's eye.

It is also interesting to reach out with your aura to any specific location to observe activities as in remote viewing.

There are many other variations that can be practiced as you gain experience, remembering that you are—particularly when practiced regularly by yourself—
increasing your psychic sensitivity and developing your super-conscious mind. You can, for example, center your awareness on any particular psychic center and feel it for its own power and character. This is particularly of value in connection with the brow center. Learn to feel the space that is back of the eyes, see that space fill with light, learn to project light out from the center, etc. Each center has its own power, and as each becomes activated this power becomes yours. Because you are working within a balanced exercise, you need not be concerned with any danger of ego inflation or coming into contact with forces you can't handle.

As a group exercise, it's an ideal exercise for the development of the group mind, which will be treated in full in a future book in this series.

There is one more set of correlations we would like to provide for these six centers that will illustrate the further possibilities inherent in the system. These are familiar American symbols with very powerful energies attached to them.

Psychic Centers: Name, Symbol, Elucidation

Name	Symbol	Elucidatio
Magnus Spiritus	A Spirit Power in	Possibly "Uncle Sam" might be associated here, but it would seem more

	the Sky	appropriate have a stern “presidentia head in clouds.
Mater Stellarum	The Star Spangled Banner, or a woman soldier with flag, leading troops into battle	Could also b thought of as the Egyptian sky goddess, Nuit.
Puer Maris	The embryo shown at the end of the “2001” sci-fi movie	New Beginnings
Aquilla Bellatrix	The American Bald Eagle	Great streng and far visio
Alba Domina	Woman in white robes, reclining on a crescent moon	A Huntress. Woman of allure. Wom as lover.
	Earth	

Mater Libertas	Goddess in the form of the Statute of Liberty.	Earth Mothe is always pictured showing benevolence and concern

These names and their associated images were developed by Carl Llewellyn Weschcke a Osborne Phillips, coauthor of "The Magical Philosophy" series working together nearly fo years ago. The concept, however, is age-old, and draws upon both Western and East traditions combined with modern psychotherapeutic experience.)

There are no structures in the physical brain that correspond to the three levels of mind or personal consciousness, but it is sometimes useful to feel that the lower, or subconscious mind is generally below the chin, while the middle, or conscious mind occupies the general headspace, and the space above the head is the general location for the higher, or super-conscious mind.

Physical evolution follows that of consciousness, but how the body may be shaped in the future by this development is anyone's guess.

At the more esoteric level, we've discussed the basic construct of the personal consciousness unit as having arisen out of the field of universal consciousness to individually empower each human entity (leaving aside nonhuman entities for the moment). Based on a presumption of a triune model, we've arrived at something like this:

The Triune Model of Human Consciousness

1. The subconscious mind, arising out of universal consciousness but still connected to it mainly through what is called the collective unconscious.

2. The conscious mind, arising out of the subconscious mind and functioning as the manager of the person.

3. The super-conscious mind, arising out the universal

consciousness to contain both the subconscious and conscious minds.

Just as (1) the subconscious mind remains in direct connection with the universal consciousness mainly through the collective unconscious, we will find that the (3) the super-conscious mind has a connection with the soul. Thus, each human being functions through one of several bodies in relation to levels of consciousness and of Self.

Five Bodies and Levels of Consciousness and Self

Body Name	Level of Consciousness
Physical/Etheric Body	that relates to the physical and energetic universe
Astral Body	that relates to the Subconscious mind
Mental Body	that relates to the Conscious Mind
Spiritual Body	that relates to the Super-Conscious Mind
Soul	that relates to Source

While pointing out this triune relationship, it is important for you to remember that you are a whole person functioning in unity and not a collection of bodies each living a separate life. Most of us are not fully conscious all the time on these different levels, but

the more expansively we learn to think of the physical world about us and the global culture within which we live, the more we are aware at these different levels of consciousness through the subtle bodies, the more opportunity we provide for our personal growth and development.

The subconscious mind is with us all the time, and does provide us with a rich heritage of personal history and vast psychic powers. Integration is not a process of psychotherapy as practiced in the last century but of conscious psychic-empowerment practice and experience in the twenty-first century.

The next exercise is adapted from pages 27–33 of A Chakra & Kundalini Workbook by Dr. Jonn Mumford to which the reader is referred for other very valuable developmental programs. Why so many exercises? We've selected the exercises offered in this chapter from a long possible list for those that, in our collective experience constitute some of the best for practice and application. You don't have to do them all, but—in some sense—the more the better. The middle pillar is one that should be practiced daily for life, but experiment with these others, and work with what seems productive for you. And, then, come back to this section and start with another. [2]

PSYCHIC SHAVASANA ROTATION OF CONSCIOUSNESS EXERCISE

This exercise, while having its origins in advanced nonphysical yoga—not the familiar practices of Hatha Yoga involving stretches and poses—is an inward system of body awareness and an automatic balancing of energies throughout the body. It can become a valuable foundation for self-diagnosis invigoration helpful to self-healing and rejuvenation.

The essence of the exercise involves two complementary steps:

Step 1: Following the list below, memorize these ten body areas sequentially in relation to the single name key. In other words, the

word “toe” signifies the entire foot and immediately brings you to awareness of the entire body part. As you will see, the attention will at first be focused on the left foot and then later on the right.

The Ten-Zone Marmasthanani Body Part List

Body part Name Key	Anatomical area inclusive of
1. TOE	Entire foot
2. LEG	Ankle to knee, knee, thigh to groin
3. HIP	Buttocks, abdomen, solar plexus region, midriff
4. RIB	Entire chest
5. ARM	Hands, forearm, elbow, upper arms, shoulder
6. JAW	Neck, jaw (lower mandible) from tip of chin back to TMJ (jaw joint)
7. LIP	Upper and lower lips in relationship to upper and lower jaws and teeth
8. GUM	Space between lips and teeth, teeth sockets embedded in gums, tongue and mouth cavity
9. EYE	Eyeball, eye socket, cheek bones, forehead
10. EAR	Ear, entire side and back of skull, brain

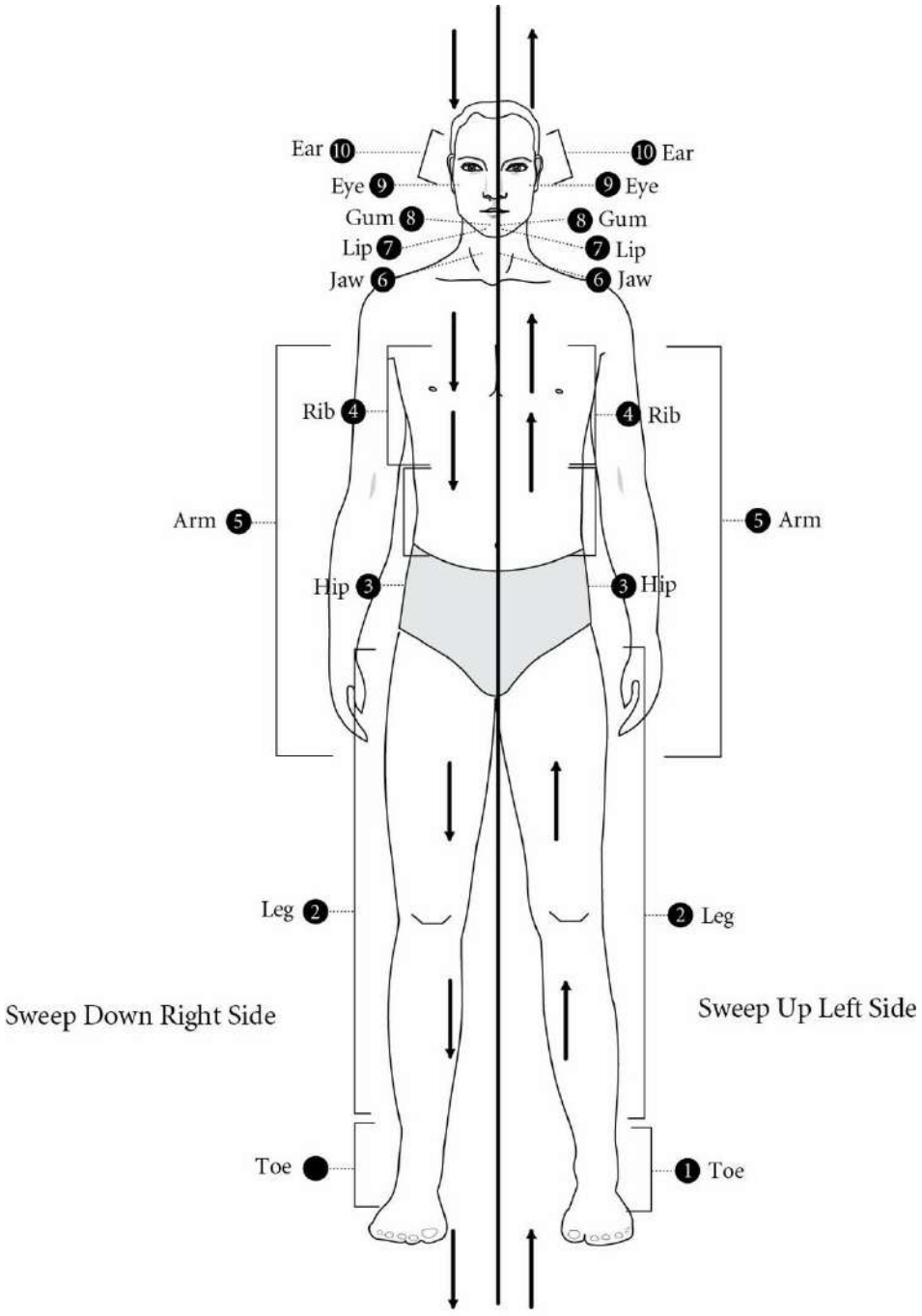
Step 2: Either sitting in a chair or a recliner, or laying on a couch or floor, with your eyes closed, you are to rotate your focused awareness through the ten body regions—moving bilaterally from the toes up the left half of the body to the left ear and then across

and over the head down the right half of the body from the right ear and ending at the right toe. As you do this, simultaneously feel the part, visualize it, and mentally repeat the name key.

Sense It! See It! Say It!

Become aware of your left foot and sense circulation pressure, tingles, and any other sensations from toes to ankles. See (visualize) a picture of your left foot, and silently say "Toe."

Next, encompass your entire left leg with your attention and repeat the procedure. Continue to work up the left side in this manner, and then down the right side. Repeat three times. (See the Psychic Shavasana Rotation diagram on the following page.)



Psychic Shavasana Rotation Diagram

This rotation of awareness through the entire body, part by part, will produce a single-pointed consciousness leading to a "trance-scendence," i.e. a transcendent state of consciousness that is, in fact, a trance that is inclusive rather than exclusive. Instead of a trance of nothingness this is a trance of specified

wholeness. However, as you focus awareness on a body part your subconsciousness will retain memory of any health factor with two results:

1. You will later consciously recall that health factor and act upon it, or
2. The balancing rotation of consciousness through the entire body will stimulate the circulation of blood and other fluids and energies important both to the health of the body part and the whole body

Note: An expanded version of the technique of consciousness rotation is available in a powerful audio CD titled Yoga Nidra Meditation and is listed under recommendations at the end of this chapter. The complete meditation as written by Dr. Mumford and narrated by Jasmine Riddle under Dr. Mumford's direction guides the user through seventy-two precise body locations connected psychically to the chakra system. The entire guidance is accompanied by appropriate musical background.

The next exercise builds on the previous and it is desirable to regularly practice the rotation of consciousness as both a health regimen and a preliminary to the extrusion of consciousness that follows in this exercise.

The spiral illustration is familiar to many students of hypnosis as a method of fascination and fixation. Its inclusion in the Shavasana program is the result of one summer of exciting night and day collaboration between Dr. Mumford and one of your co-authors during which a preliminary model of twenty-four thousand words became a finished product of sixty-four thousand words with comprehensive tables and helpful illustrations. Dr. Mumford would write during the night after dinner, and the next day your coauthor would then edit the previous night's writing, and leave it and suggestions for the "night writer."

Collaboration, whether in research, practice, or writing, can be not only a great joy but the effect of two minds working together can produce insights and practical results. Again, as encouraged earlier in this chapter, the partners in an intimate relationship or marriage can be parents to extraordinary "magickal children" through their exchange of ideas and energies. Masculine and feminine energies together are as creative in the nonphysical dimensions as they are in the physical.

PSYCHIC SHAVASANA EXTRUSION OF CONSCIOUSNESS EXERCISE

This exercise itself can produce out-of-body experiences. It consists of performing Tratak (open-eyed fixation) upon a rotating spiral disk, followed by gazing at a plain, off-white, surface or wall, and experiencing an apparent expansion of consciousness and movement of form into the astral environment.

Considering it as a second phase of Shavasana, we are going to extrude our consciousness from the physical body by visualizing a commencing spiral, perhaps of white mist, centered at the navel, rotating counterclockwise in ever expanding circles, slowly lifting up out of the body, and slowly exceeding the circumference of the physical body.

Carpenters have a simple mental reminder: "Lefty—Loosey—Lifty." Undoing a screw involves twisting it to the left with a screwdriver and the screw will lift up and out as you do so. Consequently, it follows that at the subconscious—nearly archetypal—level, a counterclockwise movement of the attention can aid extrusion of the astral form from the physical body when that is our intention.

This visualized creation of a spiral will lead you, figuratively and literally, into an alternative area and level of consciousness. Keeping in mind your intention, the technique should lead to a conscious astral projection. If it does not, you are likely to drop into a dreaming or dreamless sleep state and later awaken back in

the body deeply refreshed and rejuvenated.

If the extrusion is successful, the process is reversed for reentry by imagining a clockwise spiral which, vortex-like, draws you back into the body.

With experience leading to confidence and expertise, you may wish to experiment with different colors for the spiral—either (and preferably) by visualizing the chosen color or by copying the spiral and instructing your photocopier to reproduce it in the chosen color based on the color correspondences in chapter eleven.

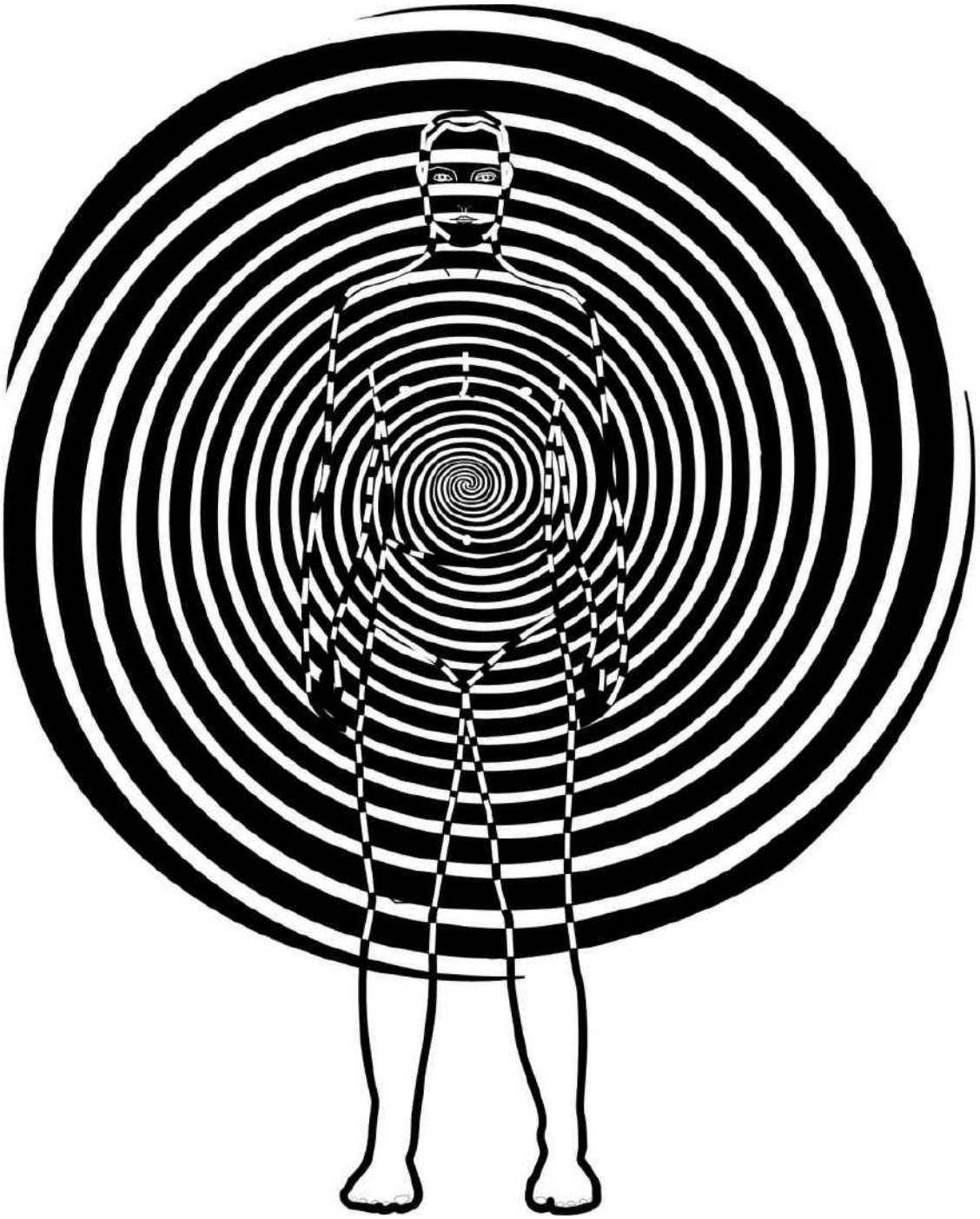
Likewise, the extrusion spiral technique could be used to focus your projection intention toward different astral levels and locations. Experimentation and exploration are valid research projects that you can undertake and contribute to on-going efforts to expand our knowledge and understanding of beyond-the-physical dimensions.

Use the reporting methods suggested earlier in this chapter to contribute your research results to expanding fields of parapsychology and paranormal phenomena. Recording and reporting your work organizes and solidifies the psychic development and spiritual growth accomplished with your explorations.

Like all adventure, all exploration and discovery lead to both growth of knowledge and to inner wisdom. In particular, when you can go "where no man has gone before" you are expanding your universe and your inner being. Our universe is more than the visible and invisible spectrum of the physical universe with its distant stars and galaxies and dark matter, and that's why we call this greater universe of both physical and nonphysical dimensions "Cosmos," and then further differentiate between macro-cosm, and micro-cosm to represent that greater whole we think of a outer and the smaller whole that we think of as inner—but we must never forget that microcosm is identical in nature to the macrocosm

while also being contained by it.

As we explore and experience beyond ourselves we are both retracing our devolutionary path and our evolutionary history, and then growing onward. It's like our own experience of recovering past-life memories and bringing to conscious awareness the repressed and forgotten memories buried within the subconscious mind. By becoming more aware, we become more than we are, and thus grow into the whole person, Adam Kadmon, who is both the matrix and the fulfillment of the program set forth at The Beginning of all that is and is to be.

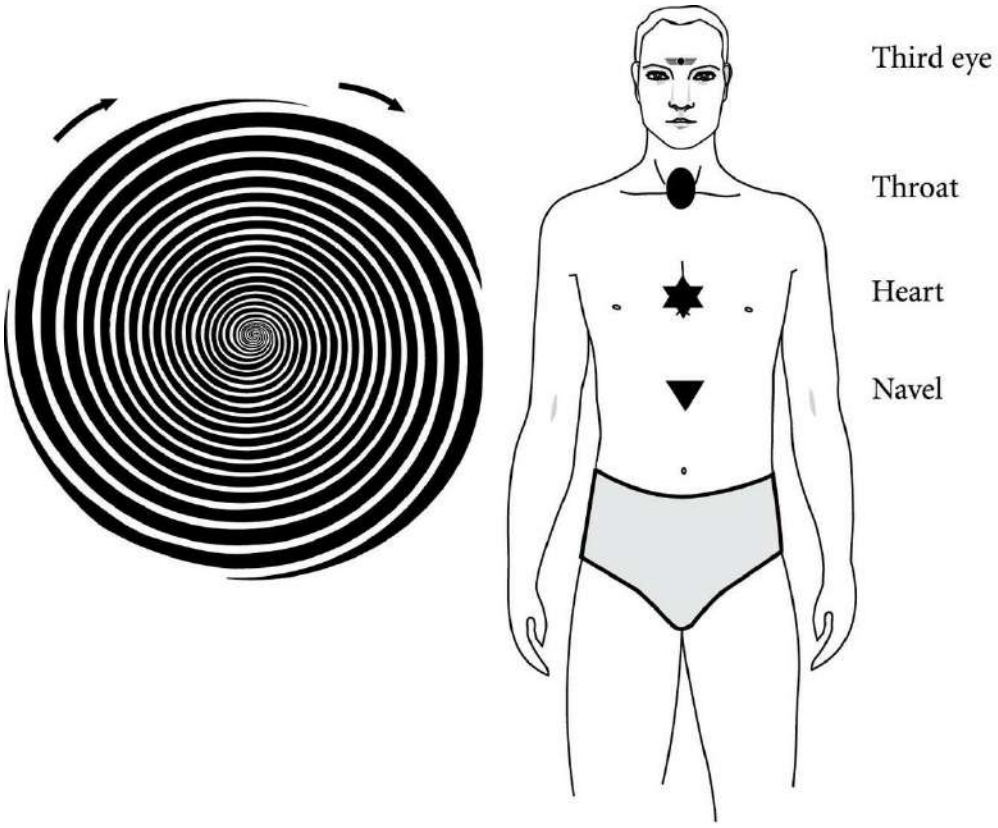


Psychic Shavasana Counter-Clockwise Extrusion Spiral

RE-ENTRY

"Righty—Tighty—Turn In" is the carpenter's complementary mental reminder. Twisting a screw to the right (clockwise) drives it down and into the surface. The subconscious mind registers

clockwise turning as a drawing of the astral form back into the body. The point of re-entry may not be the navel, but could be the heart level, or at the throat, or between the eyes.



Third eye:
"Command" Center
(Intuition, Insight)

Throat:
"Purity" Center (Communication, Cleansing)

Heart:
"Unstruck Sound" Center (Compassion, Cooperation)

Navel:
"Gem City" Center
(Energization, Enthusiasm)

Psychic Shavasana Clockwise Re-Entry Spiral with Alternative Chakra Entrance Points

ACCELERATING OUT-OF-BODY EXPERIENCE
WITH TRATAK SPIRAL—PROCEDURE

In his book, Dr. Mumford credits Geoff Whitefield, founder and president of "Spiral Concepts," with having devised this ingenious solution for using spirals by using old CDs (you can purchase old

CDs at second-hand shops cheaply).

Here is the procedure quoted directly from pages 31 through 34 of A Chakra & Kundalini Workbook:

What is Required?

A. One CD no longer wanted (i.e. unloved)

B. One thumbtack (variously referred to as tacks or drawing pins)

C. Blu-tack or freshly chewed wad of gum (Plastercine could also be used)

D. Some masking tape (the kind used to seal up packing cartons) or Scotch tape (Geoff tells me the adhesive on masking tape is better as it lasts longer!)

Procedure

A. Make a photocopy of the "Tratak Spiral for use with Psychic Shavasana" (See page 359) and another photocopy of "Geoff Whitefield's Magic Trance Spiral" on page 360. Paste the spirals onto another piece of good quality paper and cut around the circumferences of the spirals. You should now have two spirals, exactly the size of a CD. They both will attach to a CD, as we shall see, which allows them to be spun on a smooth surface.

B. Take the CD and put two pieces of masking tape over the center aperture, in an "x" pattern. Do this on both sides of the CD (As per diagram page 361).

C. Put a small blob of blu-tack on the playing (grooved) side of the CD and flatten it out so a circle is made over the masking tape covering the aperture.

D. Take the thumbtack and push it through the masking tape (on the label side) at the very center of the CD, so the point projects through both the masking tape and blu-tack on the grooved side.

We now have a spinning device as the convex surface on

the head of the brass thumbtack provides a perfect pivot for the CD to spin around on any smooth surface.

E. Now it becomes a simple matter to carefully align the center of one of the spirals with the point of the thumbtack and then settle it onto the CD surface; the blu-tack will firmly mount the spiral onto the CD

Geoff recommends cutting the tip of the thumbtack back by a third with pliers.

The point of the tack sometimes protrudes enough above the spiral to throw a shadow and distract the attention. A smooth-surface clipboard provides a good portable surface for spinning the CD and spiral.

Geoff emphasizes two additional points:

1. Best effects are produced under a bright fluorescent white light. You could also experiment with colored light bulbs.

2. Resist the tendency to smooth out the jagged lines and serrations along the vanes of the spiral. These serrations are a design feature incorporated into the spiral design to produce a light diffraction of white light into the component colors of the visible spectrum.

Using the Spirals for Accelerating out of the body experiences with "Psychic Shavasana"

i. Place one of the CD-mounted spirals on a smooth table surface (i.e. plastic CD case) and give it a vigorous spin, either clockwise or counterclockwise.

ii. Gaze without blinking (Tratak) into the center of the spiral (where the tip of the thumbtack comes through). Gaze as long as the spiral is spinning. The spiral should turn into a visual whirlpool or emerging vortex (depending on the direction of the rotation) and your impression will be of going down into it—or

alternatively—that it is coming up to meet you in an endless unraveling.

iii. When the spiral stops spinning quickly shift your gaze to:

a. An adjacent wall (preferably with patterned wallpaper or several pictures).

b. A picture in a book (preferably of a Hindu Deity or a symbolic religious depiction); try gazing at a print of Albrecht Durer's "The Crucifixion" for example. (Note: you can see this on page 76 of Dr. Mumford's book.)

c. Your hand, your reflection in a mirror, or into a friend's eyes (many students have their first impression of an aura doing this).

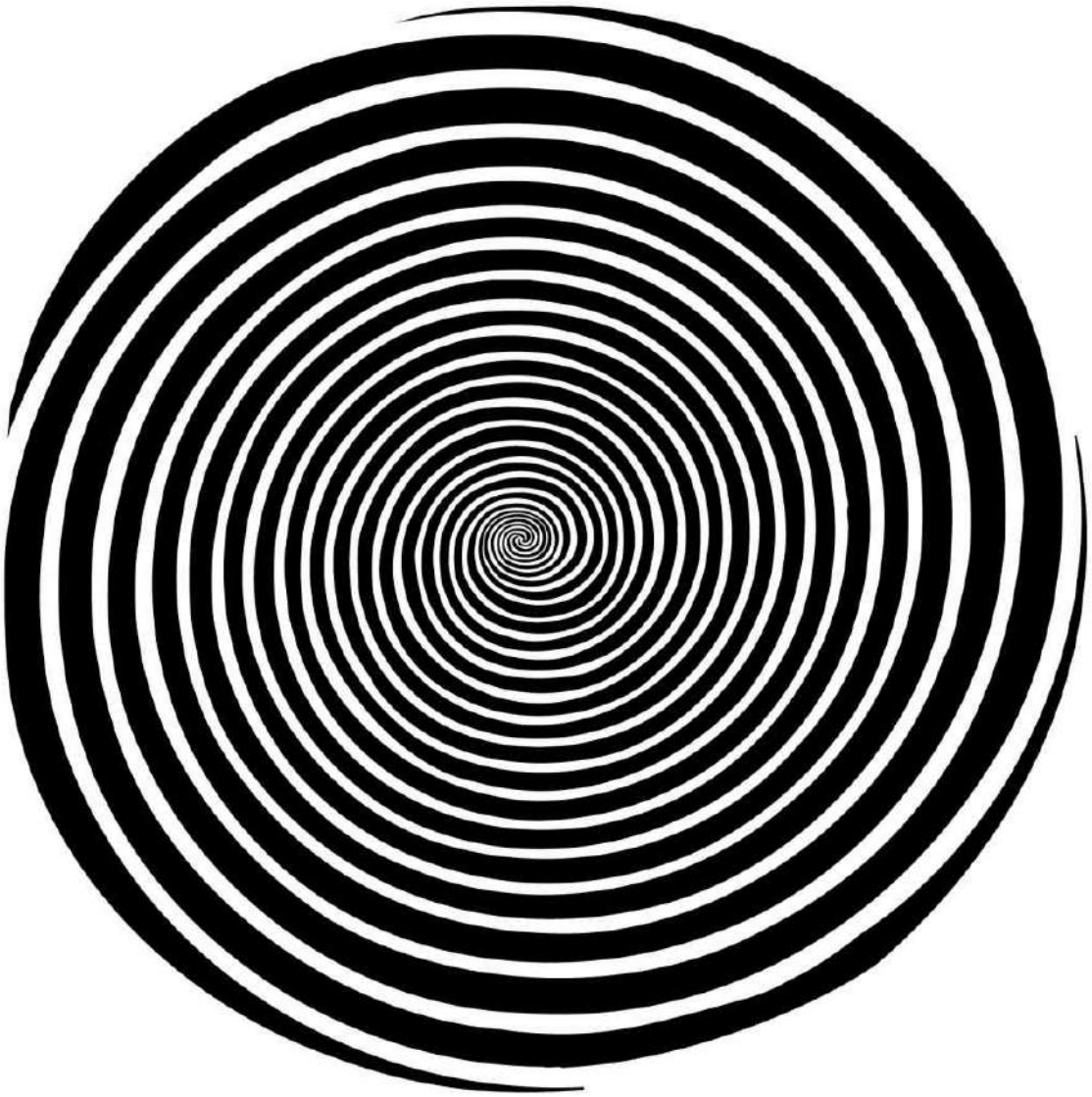
iv. Be prepared for an initial shock as the environment scintillates and retreats. Relax totally into the visual experience of the vibrating surroundings and try to feel yourself, or a subtle part of you, expand or contract with the experience.

This exercise should be done for a week. Special receptors in the visual cortex (back of your brain) called feature detectors, are being stimulated to the point of fatigue. As an example, (depending on which spiral and the direction of spin) feature detectors that are responsive to clockwise rotation will tire, and when you look away the adjacent feature detectors sensitive to counterclockwise movement are activated, producing the illusion of an expanding universe. We are using this phenomena to encourage the consciousness to release, with awareness, beyond the physical body (sometimes, in this context, referred to as the "shell").

A Special Note About Geoff Whitefield's Magic Trance Spiral

Geoff showed me a number of different spirals and I particularly liked one basic design used in America as a Hypno-disk. Geoff

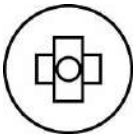
promptly went to work, modifying and improving the design radically. One of the special features of his "Magic Trance Spiral" is the serrated edges which act as a diffraction pattern for light waves. The consequence of this is that, like a Benham's disk, you will start to see colors emerging as the spiral spins. The colors vary at different speeds and Geoff comments that the colors "are also dependent on the clockwise or counterclockwise rotation of the spiral."



Tratak Clockwise Spiral for Use with Psychic Shavasana

CD Thumbtack Tape

1. Apply tape in ‘X’ pattern on both sides



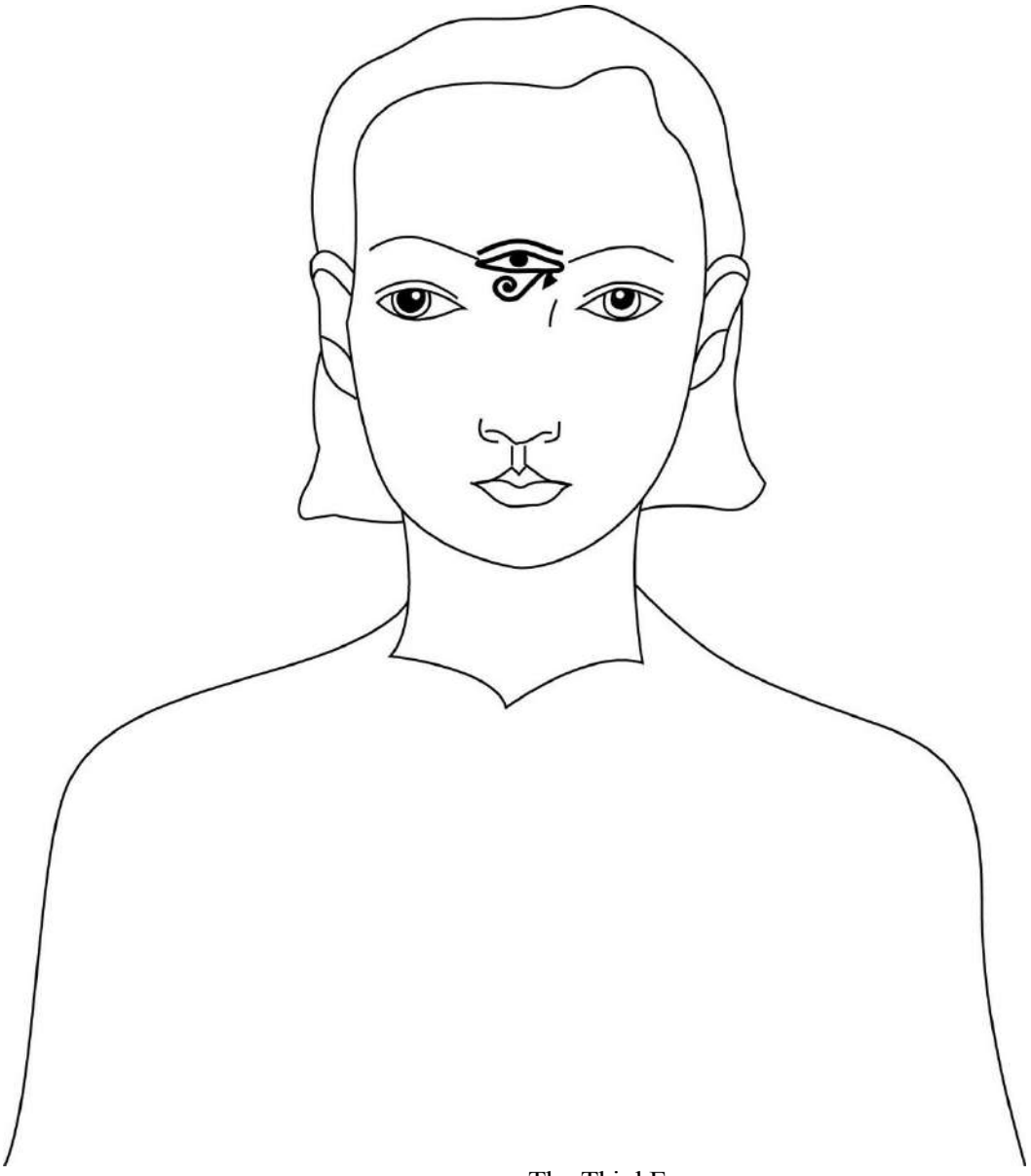
2. Flatten blob of blu-tack over tape covering aperture on grooved side

3. Push thumbtack through center of masking tape on label side so point penetrates masking tape and blu-tack on the grooved side

4. Use point of thumbtack to guide cut-out photocopy of “Magic Trance Spiral” onto the center of the CD and push firmly onto blu-tack

Geoff Whitefield's Magic Trance Spiral

This ends the above quoted material. Every serious student is encouraged to have the complete book for study. However, we do have a few more important developmental exercises from Dr. Mumford.



The Third Eye

Third Eye Stimulation

Nearly every psychic or esoteric student knows about the third eye chakra. It is, in many ways, the "Psychic Chakra," and Dr. Mumford provides several exercises for its development. We want to provide this first simple selection that can also be used by an intimate couple to help establish their partnership in this work.

THE THIRD EYE TRATAK EXERCISE

The exercise portrayed in the previous illustration involves

working with another person. Perform Tratak on the other person's eyes from a distance of about twelve inches. A third eye will appear between the other two eyes, providing the partner doesn't look away. Then, of course, reverse the procedure and the other person will perform Tratak on you with the same result.

Yes, it's just an optical illusion, but you should actually feel the psychic pressure of the imaged third eye on your Ajna center.

A similar third-eye stimulation may occur by simply gathering some saliva on your finger and wetting the space on your brow just above and centered between your eyes. Still another method is to take a clean copper (U.S.) penny and press it upon that area. It will adhere there without any further effort, and the awareness is again stimulating to the chakra.

A further exercise recommended for the intimate couple with particular reference to chapter ten and a half of this book is quoted from pages 201–204 of A Chakra & Kundalini Workbook. Permission to use Dr. Mumford's material is gratefully acknowledged.

CONSCIOUSNESS-EXPANDING SEXUAL EXERCISE

Procedure for Physical Stimulation of a Secondary Erogenous Zone To Arrive at the very Edge of the Ecstatic "U3" Moment

A. Let Shiva and Shakti bathe with perfumed bath oil, by candlelight, occasionally caressing each other.

B. Let them dry each other and slip into robes while constantly anticipating the joy of union.

C. Let them retire to a bedroom—temple—enlightened by one candle (candle equates to lingam; flame equates to yoni).

D. Let them sit cross-legged on the bed, knees touching; gently loosen each other's robes, sensing mutual excitement and focusing on anticipated Yoga (union) of lingam and yoni.

E. Let Shiva take Shakti upon his lap and begin worshipping her

left ear by sucking gently on the ear lobe, interspersed with deep, darting penetration of her ear canal with the lingam of his tongue. The process may be accelerated, in the beginning, by the man stroking lightly over her shoulder and down the left side of her spine to the sacred sacrum region at the base of her spine.

F. This process is continued until unbearable sensations experienced by the Shakti produce involuntary or near involuntary climax. At approaching climax, or to push herself totally over the precipice, she inserts Shiva's lingam within her yoni and manipulates the lingam to please herself. With practice they will orgasm simultaneously. Involuntary ejaculations may be expected, and should not be considered failures or a loss of energy (an outdated idea still often espoused).

Variation

The technique may be done with the partners lying side by side. The man lies on his left side, cradling the woman's head in his left arm, leaving his right hand free to stroke down the left side of her spine to her buttocks, while stimulating her ear lobe. She lies on her right side facing him.

This position also has an added advantage: Once the Shakti lubricates, Shiva may manipulate his right hand so that his thumb seals her anus (Muladhara), his forefinger inserts into her yoni (Swadhisthana), and middle finger gently lies alongside her clitoris (Manipura chakra), providing additional stimulation.

Role Reversal

The partners should alternate roles so that the woman stimulates the man's right ear lobe (Pingala) bringing him to erection and inserting the lingam into her yoni for climax.

Considerations

- Most humans are sensitive to ear lobe stimulation as this is an

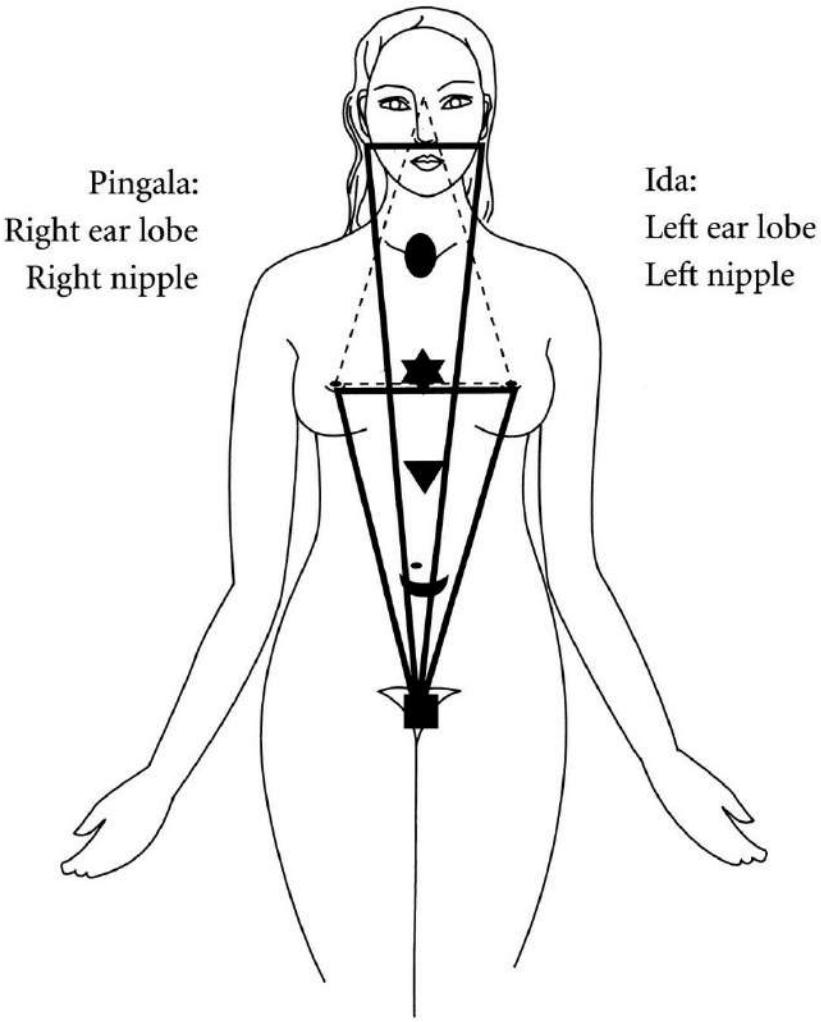
established reflex pathway in many mammals—remember scratching behind a dog's ear and watching its hind leg involuntarily shake? Because of individual differences, ear lobe stimulation may have to be cultivated with some sensitivity, as much as nipple responsiveness is latent in most males but can be consciously developed.

• Many women may experience multiple orgasms with this technique (focused ear lobe stimulation) although this should not become a goal, anymore than simultaneous orgasms or female ejaculation should become a goal. Such experiences are bonuses, not success indicators!

• The method may be equally applied to the nipple if the woman is breast sensitive.

• Prolonged excitement phase that does not end in orgasmic release may produce uncomfortable venous congestion in the female pelvis. When this happens, any method (oral sex, manual stroking, vibrator, etc.) should be used to provide release.

• The male partner is required to sustain erection and prolong excitement phase as long as possible before ejaculation. As mentioned previously, involuntary ejaculations may be expected and should not to be considered failures or loss of energy. This is an outdated idea still often espoused, not only by Yogis and western practitioners of sex magic, but by physicians, athletic coaches, and others that indeed should know better.



Shakti Power Flows: The two Shakti-yoni triangles point down to awaken Muladhara (genital center) while one Shiva triangle points up to the Third Eye. This is a neuro-physiological tract from a woman's nipple to the pituitary gland that then releases a hormone stimulating uterine contractions. Thus the visionary world opens for her with mounting excitement.

A vast world opens up for both male and female partners through extended sexual stimulations like this and similar exercises. While the modern and sexually liberated world has brought with it numerous personal devices for solitary self-pleasuring, there are important factors that go beyond a fast solitary "quickie."

One is the prolongation of pre-orgasmic excitement better accomplished through a series of advances and partial retreats—a

sort of one step forward and a half-step back—so that each higher level of excitement builds upon and enlarges upon the previous. Experience will show that each partner will reach higher levels of pleasure before orgasm than otherwise.

Within this advance and retreat pleasuring program, the male will experience the actual embrace by the female's expanding and intensifying magnetic field, both of his penis without penetration and of his whole body even without physical embrace. The female can actually experience the one-pointed penetration of the male's electrical field. This play of electrical and magnetic energies awakens the subtle organs and channels of both complex bodies.

Extended enough, the female's consciousness becomes a "magick mirror" of enlightenment for both partners, but more so for the male who sees through her "mind's eye" a vision that can only be described as one of transcendent glory.

A final Third Eye exercise is a more complex active meditation and visualization program from pages 161–164 of Dr. Mumford's A Chakra & Kundalini Workbook. Again permission for quotation is gratefully acknowledged and the reader is encouraged to explore the additional developmental opportunities presented in this classic work.

The Command Center of the Physical-Etheric Complex

The Sanskrit word "Ajna" means "command center," that place where we worship with our consciousness the Guru-Atman, or highest self, and receive instruction.

The element associated with Ajna is Manas, or "mind-stuff," the very energy of consciousness.

The Bija mantra is the "lost word" OM, and the yantra symbolizing Ajna is a winged globe, an emblem of the imagination which can "fly" anywhere, beyond limitations of space and time.

Other more traditional yantras include the triangle, apex down (as also found in the Chakra mandalas of Muladhara and Manipura), and the unconscious symbol of OM embossed upon a gold disc.

Ajna Meditation Yantra

Note in the sketch outline of Ajna, that the two Dalas or petals (to become the wings) have the Sanskrit letters upon them of Ha and K'sha, representing the Sun and Moon, mind and body, Ida and Pingala, all subsuming at Ajna or the root of the nose.

Our symbol upon which we will perform Tratak will be a black-winged globe (like Hermes' caduceus), so that with our eyes closed the complementary image will be a white-winged globe.

Black-Winged Globe for Ajna Chakra Tratak

INTERNAL CHAKRA DHARANA TECHNIQUE FOR AJNA—EXERCISE

• Place yourself comfortably in either a sitting meditation pose or on a chair; in either case, have the control of a bright desk lamp within reach.

• Place the Ajna Internal Chakra Dharana Yantra at eye level or upon your lap.

• Gaze, inhibiting your blink reflex (i.e. Tratak), at the white Bindu or spot in the center of the black-winged globe (it may take one or two minutes) until a white rim aura starts to appear around the black margins and the black itself probably begins to turn whitish or pale.

• At the same time as you are performing Tratak, silently recite the Bija mantra OM, aligning it with the natural inspiration (Oh) through the forehead, and the natural expiration (Mmmmm)—the "Oh" flows into the Ajna with the inspiration, and "Mmmm" flows out through the Ajna point with the expiration. (See the illustration on the facing page.)

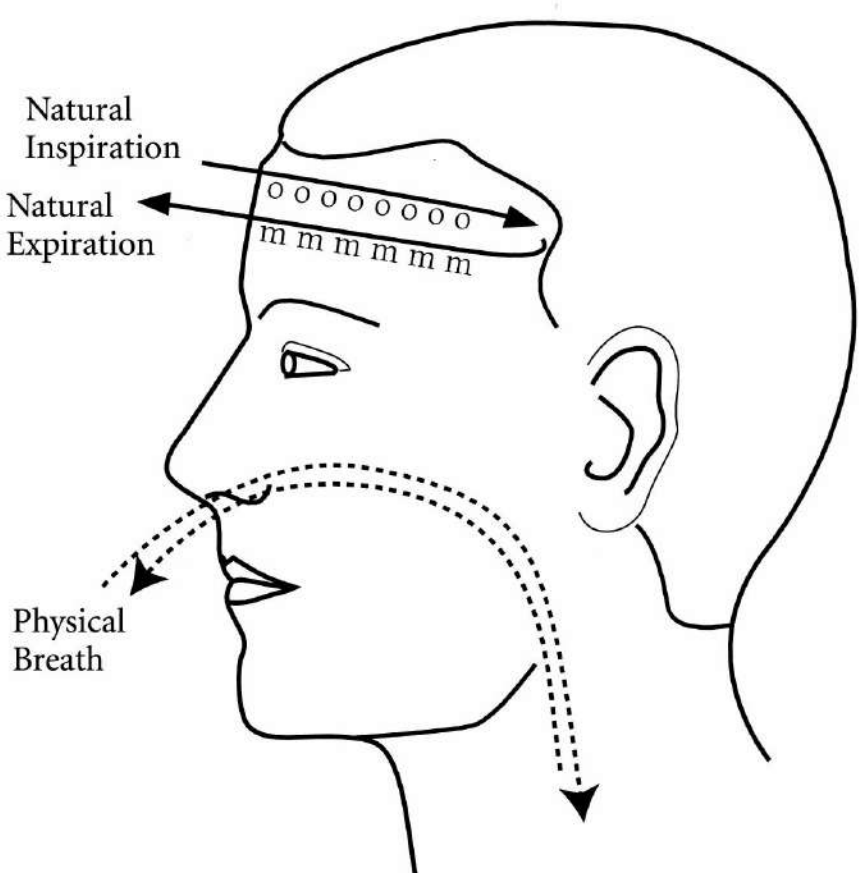
• When the rim aura is well manifested, simultaneously switch the light off and close your eyes. Continue the silent repetition of the Bija OM, as in Step 4, while gently looking through your forehead and closed eyes. With relaxation a white winged globe will gradually emerge, floating in the dark space in front of you. Watch the winged globe, constantly adjusting the focus of your attention, in order to perceive the afterimage as long as possible.

• When the afterimage has totally faded, recreate it with your imagination and hold it between your two physical eyes while continuing with the Bija mantra meditation. This can be continued for up to twenty minutes.

After one or two weeks, concentration upon the Ajna External Dharana Tattwa may be dispensed with and you may proceed with the Internal Chakra Dharana phase only, visualizing the winged globe behind the forehead and focusing on the Bija mantra OM synchronized with the breath.

External Chakra Dharana produces the afterimage, which serves as what I call a psychophysiological attention fixer. Swami

Satyananda used to teach us to smear the Ajna point, about where the Tilak of Hindu women is, with saliva—which has just the right viscosity for producing a slow evaporation sensation that makes concentration on the Marma easier. Of course, the creation of these Tattwa afterimages accelerates contact with unconscious archetypes.



Ajna Bija Mantra and Breath Chart

Your Personal Curriculum

We've really "packed in" an enormous amount of psychic development and out-of-body material into this one book. We hope it becomes your manual for your own personal curriculum of development and exploration. Such a personal curriculum should constantly evolve as you build experience upon experience.

Think of yourself as an astral scientist, and learn to keep notes

of experiences and observations, developing them into reports you can share with others. Above all, keep a journal. A journal is much more than a diary, even though the detail of recording by date and time might be similar. A journal is a record that you will review for new ideas and new understanding of previous experiences as new ones accumulate.

A journal is also a long established medium facilitating personal growth. The act of writing in a journal is a means for integrating experience into the three levels of your consciousness, and for establishing connections with consciousness and your higher self.

Look back to the section on your psychic lab, and make plans for using the astral window in new ways. Consider the following possibilities:

In your deeply relaxed and psychically open meditative state of conscious, look at the window as previously instructed, ask specific questions, and allow information to unfold either visually or mentally.

In the same manner, let yourself or your partner slip into deep trance while the other asks questions and records the answers, and probes for details. Some may call this "channeling" but don't let terminology influence your own experience.

With a similar procedure, we can project the astral traveler through the window to a specific location or wherever a specific person may be, to report on various visual details that can be recorded and later verified. We might call this "astral window peeping."

Another target for the astral traveler might be "astral tourism" as an alternative to physical travel in these days of higher fuel and transportation costs. Pick a tourist location and plan on visiting in the same manner you would for a vacation trip—minus all the nitty gritty of baggage transfer, hotel stay-overs, meals, tipping, rest stops, travelers checks, tour buses, passports and visas, etc.—so

you might spend several hours at one place, and then several hours on another day at the next place on your itinerary. Record both your plans and a diary of results in your journal, and then—if possible—have someone familiar with the setting review and record comments on the apparent accuracy of your astral vacation travel.

Another very fascinating and possible important project for the astral traveler would involve clairvoyant viewing of sub-atomic and quantum level phenomena, observing chemical reactions, biological and botanical interactions, flower essence and herbal interactions with the physical/etheric body, or personal health diagnosis that could be compared with an orthodox medical diagnosis, energy healing, astral observation of the impact of planetary energies in relation to the birth horoscope of an individual during transits, lunar phases, sun's ingress into the signs, etc.

Admittedly we have no experience in this area and can offer no guidelines, but the reader might want to refer to a very interesting book of such clairvoyant viewing, Occult Chemistry by C. W. Leadbeater and Annie Besant, for possible ideas. But our point is that there is no real limit to the possibilities for research and exploration no matter the subject from the astral dimension. Every physical thing or location has an astral duplicate and can be examined and probed at the energy levels.

With the growing acceptance and understanding of quantum theory (also known as quantum physics), we are actually moving beyond the self-imposed limitations of Newtonian Physics and the mechanical view of the universe as purely materialistic to a wider view of life and matter as energy particles and waves so there is no real division between a physical level and an astral level, other than in the viewer's perception.

That opens a complex philosophical and metaphysical

discussion beyond the intent or capacity of this book but we hope it offers you incentive to "take the quantum leap" into wholistic thinking in your personal curriculum.

One Final Note

We hope you will expand your personal developmental program into one as a volunteer research associate. The essential criteria is to document your astral projection experiences, both to gain the maximum personal benefit and to add to the scientific awareness of what we still call—for this purpose—"the paranormal," and place your material into a case history format that may be shared with participation in the Parapsychology Research Institute and Foundation (PRIF). Please see further details in Appendix B.

SUGGESTED READING AND LISTENING

Chic Cicero and Sandra Tabatha Cicero, The New Golden Dawn Ritual Tarot: Keys to the Rituals, Symbolism, Magic & Divination (Book and Deck) (Llewellyn, 1991).

C. W. Leadbeater and Annie Besant, Occult Chemistry: Investigations by Clairvoyant Magnification into the Structure of the Atoms of the Periodic Table and of Some Compounds (Adyar, Theosophical Pub. House, 1951).

Jonn Mumford, A Chakra & Kundalini Workbook: Psycho-Spiritual Techniques for Health, Rejuvenation, Psychic Powers & Spiritual Realization (4th Edition Revised & Expanded) (Llewellyn, 1994, 1997).

Jonn Mumford, Yoga Nidra Meditation, (Audio CD) (Llewellyn, 1989, 2008).

Israel Regardie, edited and annotated with new material by Chic Cicero and Sandra Tabatha Cicero, The Middle Pillar: The Balance Between Mind and Magic (Llewellyn, 1998).

A. Schopenhauer, The World as Will and Representation, various editions

Joe H. Slate and Carl Llewellyn Weschcke, Self-Empowerment & Your Subconscious Mind (Llewellyn, 2010).

Joe H. Slate and Carl Llewellyn Weschcke, The Llewellyn Complete Book of Psychic Empowerment: A Compendium of Tools & Techniques for Growth & Transformation (Llewellyn, 2011).

[contents]

1 The triune repetition of an invocation, mantra, aphorism, hypnotic affirmation, prayer, etc. has a long tradition you will find effective in other applications.)

2 Both your co-authors were born in 1930 and have essentially devoted our lives to the study of psychic and spiritual development, and then to research, teaching, writing, and publishing in these fields)

APPENDIX A:
ASTRAL PROJECTION
FOR SELF-EMPOWERMENT

Self-empowerment through astral projection requires a personalized approach that recognizes the importance of motivation, practice, and experience in developing your out-of-body induction and management skills. Although spontaneous out-of-body
experiences are common, self-empowerment through astral projection emphasizes not only your capacity to induce the astral projection state but to target the experience on designated goals. Expanding the borders of common human experience, interacting with other sources of new knowledge, and empowering your life mentally, physically, and spiritually are all within the scope of astral projection.

Through astral projection, you can experience your past, present, and future—nothing
is beyond your reach when you interact with the astral realm. Once you master astral projection, all that is relevant to your existence can become at once at your command, free of fantasy, distortion, and denial. The full scope of your existence as an endless soul—past, present, and future—becomes yours.

The Past, Present, and Future NOW Program

Through an astral projection program called Past, Present, and Future NOW, you can experience a panoramic view of your existence to include your pre-existence, past lifetimes, life between

lifetimes, and even your future. Developed in our labs at Athens State University (then College), the program is based on the concept that the astral body exists separate from the physical body and is capable of traveling outside it. The term astral projection or travel denotes the astral body leaving the physical body to travel in the astral plane. The step-by-step program should not be used while driving, operating machinery, or engaged in other activity requiring concentration or focused attention.

Through this self-administered program, you can travel out-of-body to experience all that is relevant at this moment in your life. You will discover that your personal past, present, and future belong to you and you alone—they are the three essential components of your being. Together, they form a personal, interactive force that is the essential you, the very essence of your being. It is a force defining you as unlike any other person. It is the personal life force that characterizes the endless, bidirectional nature of your life span, from your endless past to your endless future. It's the force that gives both substance and meaning to this very moment we call the NOW of your existence.

Through the Past, Present, and Future NOW program, you can engage an astral interaction with both your past and future and shape it to achieve your present life goals. Through that interaction, you can assume personal ownership of your past, present, and future and use them to enrich your life with new power and accelerate your growth toward greatness.

Here are some of the more specific possibilities:

You can increase awareness of the endless nature of your existence.

You can shape interactions with your past, present, and future that dissolve all barriers to your personal growth.

You can awaken dormant resources from your distant past and interact with them to release growth blockages.

You can create a dynamic force in your present life by interacting with your full life span—past, present, and future.

You can discover ways to shape present and future events that promote not only your personal well-being, but the well-being of the planet and others as well.

You can experience the entirety of both physical and spiritual reality, to include the complexities of the universe and the myriad dimensions that make up the spirit realm.

You can interact with the spirit realm and its abundant sources of power that include ministering guides, growth specialists, and repositories of concentrated power such as orbs and planes of energy.

You can promote better mental and physical health. You can even slow the aging process.

You can facilitate your career success, enrich your social interactions, resolve personal conflicts, overcome fears, increase creativity, and accelerate learning.

You can increase the total quality of your life.

Here's a detailed description of the program which has become known simply as "The Now Approach." Practice is essential to the success of this program. It is important to become familiar with each step and comfortable in your ability to apply the full program.

Preliminaries: In a quiet setting free of distractions, allow approximately one hour for the program, which requires a comfortable reclining or prone position with hands resting either on your thighs or at your sides.

Relaxation: Begin the procedure by closing your eyes, taking in a few deep breaths, and exhaling slowly. Develop a slow, rhythmic breathing pattern as you focus on drawing fresh air deeply into your lungs. Allow the relaxation developing in your chest to spread slowly upward and downward to permeate your full

body. Allow plenty of time for your body to become fully relaxed, from your forehead to the tips of your toes and deep inside.

Body Perception: With your body now relaxed and your breathing slowed, form a mental image of your full body resting comfortably. Imagine that you are viewing your body as if external to it. From that external locus of perception, focus your attention on specific characteristics, such as facial features, your clothing, the position of your body, and so forth.

Out-of-body Awareness: Take plenty of time for a full, detailed image of your physical body to emerge. Continue to focus upon that clear image until you develop a sense of literally being outside your body. Out-of-body awareness is typically a progressive process that slowly unfolds.

Expanded Out-of-body Awareness: Once out-of-body, you will note that the image becomes even more vivid. At that point, expand your out-of-body awareness by turning your attention to your immediate surroundings, to include such specifics as room furnishings, doors, windows, floors and so forth. If books or magazines are present, note their titles and other details.

Out-of-body Projection: With the room in full view from your position outside your body, you can now safely move out-of-body about the room, and upon deciding to do so, actually leave the room to travel out-of-body to other destinations. Remind yourself that you are empowered to travel in complete safety to distant destinations, both physical and spiritual. Affirm in your own words that you are in charge and fully empowered to return to your physical body at will and fully reengage it. Further affirm that you will be empowered through astral travel to engage in astral interactions that yield important new information, insight, and power.

Astral Travel: Note your sense of liberation from the physical as you travel beyond the room to experience other realities. You can travel to spatially distant places as well as astral realities, including the spiritual realm. Aside from these, you can experience the past and future dimensions of your personal existence. At this stage, you can literally travel among the stars and should you decide to do so, view the full universe from above it.

Spiritual Interaction: To travel to the spirit realm and interact with it, first affirm your intent and then allow images of that realm to unfold, among them orbs, planes, and other dimensions as sources of astral power. Not infrequently, the presence of personal and sometimes familiar spiritual guides will unfold at this step. You can interact with them as companions who guide your interactions with the various dimensions of specialized astral power. At this stage, you can tap into a wide range of colorful orbs or planes of power. You can literally interface these astral designs and draw specialized power from them, with the color of the design designating its specialized power. For instance, the color iridescent green is usually in the astral realm and is typically associated with healing and rejuvenating energy, while a glowing yellow usually designates enlightenment and cognitive ascendancy. The color blue typically indicates tranquility and attunement.

Past- and Future-life Projection: To travel into the past or future dimension of your personal reality, remind yourself first that the past and future dimensions of your existence as a soul being belong personally to you and are thus accessible only to you. You can now interact with them as personal sources of knowledge and power. Visualize yourself centered between the past and future dimensions of time—the one stretching endlessly behind

you into your past and the other stretching endlessly before you into your future. You can now interact with them, either separately or together. The fullness of your past and future is now available to you. You can leave your central post between the two dimensions to travel either into your past or into your future. You can now experience first-hand all that is relevant to you at the moment. It is at this stage that awareness of future events of personal and global significance will often unfold. Also, awareness of Akashic records as a compendium of personal life experiences will occasionally occur at this stage.

The Return: You can, at will, successfully end astral projection by first turning your attention to your physical body at rest in its familiar setting, and then giving yourself permission to return to it. Allow plenty of time for full engagement to occur. Upon reengaging your physical body, affirm in your own words the self-empowering rewards of the experience.

Conclusion: Upon safely reengaging your physical body, review the empowering relevance of the out-of-body experience and record it in your astral projection journal.

Although this program requires considerable practice in an appropriately controlled setting, you will find that with repeated use, you will increase your ability to interact with the astral realm as the highest source of enlightenment and power. You will broaden your awareness and understanding of the full spectrum of your existence. You will uncover critical sources of new knowledge and power that are otherwise unavailable to you. Equally as important, you will develop an expansive cosmic view of your existence as endless and thus without limits.

Many of our subjects who participated in the development of this program reported viewing not only our own physical universe but other universes as well. A comparison of their reports revealed

amazing consistency in the design of our known universe as well as the position of other universes in relationship to it. Their personal universe maps were in some instances almost carbon copies, with our own universe located near the outer edge of many others. Each subject reported that the size of multiple universes and distances separating them varied widely, as did the brightness of universes.

Almost without exception, our subjects who traveled to the point separating their past and future consistently experienced a bright energy enveloping them which they often described as a peak experience. Feelings of liberation, ascendency, and pure love typically accompanied that experience.

Our subjects who participated in the development of various astral projection programs typically ranked the Now Program as their number-one preferred program for astral projection.

A Journey Without Limitations

Upon embracing your past, present, and future through this program, you will discover an exciting new dimension of possibilities in your life. Once free of the perceived constrictions of time, space, and other assigned limitations, you can become empowered to become all that you choose to be. Through your interactions with the past, you can become empowered to dissolve all constrictions to your growth, whether real or self-imposed, and unleash a totally new wave of power in your life. Through your interactions with the future, you can become empowered to bring into the present a new vision of the unlimited possibilities before you. By experiencing the present as the center of those interactions, your existence at the moment becomes an exciting, self-empowering journey of accelerated growth, exciting discovery, and triumphant success.

Joe H. Slate

Several audio products to facilitate the astral projection experience and its special applications in exploration, self-improvement, and psychic empowerment are in development at this time. Please stay in touch with the Llewellyn website (www.llewellyn.com) and watch for these and other Self-Empowerment through Self-Hypnosis audio products.

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APPENDIX B:
HOW YOU CAN PARTICIPATE IN A RESEARCH PROGRAM
&
WIN AN ESSAY CONTEST

Become the Whole Person You Are Destined to Be

Astral Projection for Psychic Empowerment is a BIG book covering the subject in depth and also in breadth beyond what is generally found in other books on the subject.

We hope that astral projection can become an important part of your personal program of psychic development and psychic empowerment.

Please see Appendix C for a very important Reader Survey and Personal Review & Self-examination intended to consolidate all your studies and your use of the programs and techniques along with the **Seven-Day Developmental Plan for Astral Projection** into actual growth and psychic empowerment. Becoming a conscious and purposeful (intentional) astral traveler is one of the most important steps you can take on the road to true self-empowerment when the full potentials of the whole person have been activated.

That's not a small statement. We are used to being taught, used to being instructed, used to being guided, used to being told what to do. We've been through an Age of Kings, assembly lines, instruction manuals, teachers and gurus, and non-expert

authorities. Yet this New Age calls upon every individual to assume responsibilities and to secure from experts what is required for learning, growth, development, and empowerment. We look to authorities who are experts that we can respect for their knowledge and advice, authorities who teach to provide the resources for self-development, authorities who provide good management of individual talents and skills, authorities who show the way rather than command it and require that we merely follow it as sheep in a pasture to be processed for some goal beyond our control or understanding.

Self-Empowerment Ensures That You Will Not Be One of Those Sheep!

This New Age is one of self-determination, one of self-discovery, self-understanding, self-help, and self-development; an age of self-expression and self-responsibility, of participation and spontaneous community, of informed citizens making informed choices and positive decisions for common good. It's an age of "yes, we can" rather that of "no, we won't."

It's called "the information age" in which you have the resources to discover, to learn, to grow and develop—but it is you who must make choices, who must choose to act, who must choose to participate in a community "of the willing" (without the politics), who must choose to govern without greed, who must develop rules for common good (without subsidies and largesse for private benefit), who must choose to resolve conflict without war and destruction. It is you who have to turn away from being a spectator to become a participator. It is you who must learn to manage your own health and wealth. It is you who must find the Divine Within and refuse those who claim to speak for the Divine Without.

It is you who must wake up, and learn to manage your own consciousness—turning unconscious powers into conscious skills

and thus build the structure of your own super-consciousness.

In Appendix C you will find a simple survey intended to function as a personal review and self-examination.

Become Involved in Research

Parapsychology is the study of the paranormal. It is also—being a bit of a wordsmith—the "normalization" of the phenomena.

As originally instituted, parapsychology is an aspect of the study of psychology dedicated to making sense out of things initially perceived as irrational and abnormal (because there could not be a scientific recognition of anything as "supernormal") psychic powers and psychic phenomena.

Today, aside from fiction writers and sensationalist journalists and entertainers who turn folklore into fantastical characters (vampires, werewolves, ghosts, witch doctors), and a few confirmed skeptics, the paranormal is no longer treated as weird, strange, and outré. Many hauntings are real, poltergeists are genuine, vampires suffer energy depletion, humans don't howl at the moon, and witch doctors are recognized as herbalists.

But parapsychology is real, and so is the paranormal. We study the paranormal as involving genuine psychic powers that can become practical psychic skills; we study techniques to extend awareness and expand consciousness; we develop programs to make conscious what has been unconscious in order to expand the range of the conscious mind and to mine the subconscious for useful memories; and we explore various previously outcast subjects like astrology, divination, palmistry, shamanism, and ritual (magical and religious) to understand their validity.

Today we study "inner space" with the same excitement and similar consequences as we do "outer space." But "inner space" is more accessible because—to paraphrase—**"the Power is with us."**

Dr. Joe H. Slate, then chairman of Athens State University's Psychology Department, established the university's parapsychological research laboratory, and in 1970 founded the independent Parapsychology Research Institute and Foundation (PRIF) headquartered at 210 West Main Street, Hartselle, AL 35640.

You can become involved in the foundation's research programs, some of which will reflect feedback from our readers, by directly contacting the Foundation (PRIF) at the above address.

Enter the AP Essay Contest

Announcing a special essay contest on the subject of:

Why Astral Project?

The essay will define the personal benefits accomplished through successful astral projection. The essays should be between two and three thousand words in length and should make reference to material in Astral Projection for Psychic Empowerment.

The judges will select the top three essays, and the winners will receive an award of $100 in exchange for all publication rights. The winning essays may be published in the on-line Llewellyn Journal and perhaps elsewhere as well—always over the winner's name.

Due Date for all entries is January 30, 2013.
Winners will be notified by mail by June 21.

Please send your entry, along with a short personal biography of no more than 200 words suitable for publication, directly to me either at

Carl Llewellyn Weschcke, Astral Projection Essay Contest,
2143 Wooddale Drive, Woodbury, MN 55125-2989, USA

Or to my dedicated e-mail address at

carl-APessaycontest@llewellyn.com

And, don’t forget your name and address.
Please provide your e-mail address or your postal address here:
E-mail:

_____

Name:

_____

Postal Address—Street or PO Box:

_____

City:

_____

State or Province:

_____

Zip Code:

_____

Country:

_____

Thank you for your participation, and best wishes,

Carl Llewellyn Weschcke

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APPENDIX C:
NEW WORLDS OF MIND & SPIRIT
READER SURVEY

What Do You Know?

If you've just finished reading this book, or at least have read some of it and experimented with some of the Tools and Techniques, we'd like to explore a few questions with you.

We (your coauthors) worked very hard on this book for almost a year, and—quite honestly—we have high expectations for it to provide you with resources for your personal growth, your psychic development and psychic empowerment, and for becoming more than you are through realization of your potentials as a whole person.

Perhaps those two expressions …

1. Becoming more than you are
2. Realization of your potentials as a whole person

… raise questions and even doubts in your mind. We hope we've addressed them throughout the book, but let's just quickly review the concept involved.

We, not just your coauthors but a large group of students (people who devote their entire lives to the study of the subjects variously called metaphysics, parapsychology and psychology, cosmology, esotericism, quantum theory—all inclusive of so much more than a single category can signify) are all concerned with the meaning and purpose of life, believing that "we" (humans individually and as a whole) are works-in-progress.

In other words, you can grow into a greater person than you are, and it is your destiny to fulfill a matrix of potentials that complete one step in human evolution and open the door for you to start the next step in the endless adventure we call "Life."

Your own purpose is to grow and become greater than you are now with the objective of fulfilling your potentials for—as Joe Slate says so well—Greatness!

Sometimes we just read a book, and then simply move on to another, and then another after that without really benefiting from the mighty resource that a book can be. We may think we've accomplished a lot simply by reading books, attending lectures and workshops, participating in discussion groups, and more—all of which are beneficial but perhaps not to the full extent of what is really possible.

Reading, study, discussion and learning are all steps towards growth, but it is with personal review and self-examination that the seeds planted can flower and become powerful resources for substantiating the whole person you are intended to be.

Now for those questions we want to ask. We simply would like to know what you feel you know now that you didn't know before. How have you benefited from any one of the eighteen chapters and the nearly two hundred thousand words in this book? We've prepared a short survey divided into two parts: Theory and Practice. Each is equally important to your progress. Practice without theory is empty of meaning; Theory without practice is empty of purpose.

Astral projection is a significant new development in paranormal research, but it is also a new skill in extended awareness and expansion of intentional consciousness. Yes, it is a psychic power as old as any history of spirituality and shamanism can show, but it is also a new skill with both practical application and developmental aptitude.

We ask you to complete this survey as a cooperative venture between readers and writers. As you will see in our end note, we believe this is a contribution to the Great Plan of Individual Growth and Human Evolution. Alone and together, we become more that we can otherwise be.

Note: this form is also available online at

http://www.llewellyn.com/carl/astralprojectionsurvey

or, if you prefer, you can cut these pages out or photocopy them, and send your response directly to me at

Carl Llewellyn Weschcke, Astral Projection Survey,
2143 Wooddale Drive, Woodbury, MN 55125-2989, USA

THEORY

From the Foreword—Why Astral Project

Please check those that apply:

❑ Do you agree that the astral is our doorway to greatness?

❑ Do you understand why we must make conscious what is unconscious?

❑ Do you understand the concept of a "permeable container of space and consciousness?"

Please check those charts and illustrations here that you found helpful:

❑ 7 Primary Interests in Astral Projection

❑ 28 Reasons to Astral Project

❑ 23 Applications of Astral Projections

❑ 6 Reasons people may not want to Astral Project

From the Introduction—
Quantum Theory & the New Science of the Paranormal

Please check those that apply:

❑ Do you see how Quantum Theory explains where the astral

starts?

❑ Do you see how Quantum Theory provides a foundation for the New Science of the Paranormal?

❑ Do you see how the New Science of the Paranormal can become everyone's life-journey?

From Chapter One—One Soul, Many Bodies

Please check those that apply:

❑ Do you find Reincarnation a logical belief ?

❑ Do you accept that the Mind is not the brain?

❑ Do you perceive that the Subtle Bodies are not physical?

❑ Do you understand the function of the nonphysical bodies as "vehicles" of consciousness?

Please check those charts and illustrations here that you found helpful:

❑ Seven Planes & Seven Bodies

❑ Psyche: Elements of Consciousness & Nonphysical Bodies

❑ Auric Egg of many Subtle Bodies

From Chapter Two—Seeing the Unseen

Please check those that apply:

❑ Do you see why the aura is called "the Magical Mirror of the Universe?"

❑ Do you see why the aura is also called "the Sphere of Sensation?"

❑ Do you see the value of training your ability to visualize?

Please check those charts and illustrations here you found helpful:

❑ Aura Reading: Chakra Names, Colors, Associated Planets and Tattwas

❑ Aura Reading: Aura Colors, Locations, and Meanings

❑ Aura Reading: Factors in Interpreting the Aura

❑ Aura Reading: Shapes & Elements to be Seen in the Aura

❑ Aura Reading: Functions of the Aura System

From Chapter Three—Astral Projection for Growth & Empowerment

Please check those that apply:

❑ Do you see how Astral Projection is the "Next Step" in your evolutionary development?

❑ Do you see how "Mind over Matter" and "Spirit over Body" function from higher plane to lower?

❑ Do you see how Self-Hypnosis is so effective as "consciousness over physiology?"

From Chapter Four—
Spontaneous Out-of-Body Experiences & Celestial Learning

Please check those that apply:

❑ Do you often experience spontaneous OBEs during sleep?

❑ Are you able to take conscious control of these spontaneous OBEs?

From Chapter Five—OBEs in the Laboratory

Please check those that apply:

❑ Do you find the studies of OBE case histories helpful to your understanding of astral projection?

Please check those charts and illustrations here that you found helpful:

❑ Positive Experiences During OBEs
❑ Self-Induced OBEs & Their Benefits
❑ Benefits of OBEs
❑ Empowering Significance of Spontaneous OBEs
❑ Psi Span Strategies and Precognitive Performance
❑ NDE/OBEs Study—Interview Guide

- ❑ Illustration of Finger Orientation & Pressure Control Device
- ❑ Photograph of Finger Orientation & Pressure Control Device
- ❑ Photograph showing Broken-Corona Effect—male subject
- ❑ Photograph showing Broken-Corona Effect—female subject
- ❑ Photograph showing Remote-Image Phenomena

From Chapter Six—OBEs & Psychokinesis

Please check those that apply:

❑ Do you understand how the power to influence material reality originates in the astral body?

❑ Do you understand how spontaneous PK can work to provide accident prevention, function for your personal protection, and explain extraordinary feats in emergency situations?

❑ Do you understand the implications of PK interaction in health, healing, and rejuvenation?

From Chapter Seven—OBEs, Sleep & Dreaming

Please check those that apply:

❑ Do you see the role that the dream state can play when you pre-program your "dream power" in goal-oriented OBEs, in precognitive "dreaming true," in "self-healing," etc.?

❑ Do you see the relation between the sleep state and spontaneous astral projection?

❑ Do you see the value of case histories in developing really pertinent AP procedures?

From Chapter Eight—Inducing & Guiding Astral Projection

Please check those that apply:

❑ Are you able to commit to the next step in your evolving consciousness?

❑ Do you understand the power of purpose-driven astral projection?

❑ Do you appreciate your role as a pioneer in the new science of paranormal study?

From Chapter Nine—Astral Projection & Astral Powers

Please check those that apply:

❑ Do you understand how "Consensus Reality" can be the source of illusion?

❑ Do you understand the need to expand your awareness for personal growth?

❑ Do you understand the need for "training" in the development of higher levels of the Etheric Body in order to bring about change at the physical level?

Please check those charts and illustrations here that you found helpful:

❑ Forty-nine Dimensions (Planes) as a Globe

From Chapter Ten—Astral Projection & Psychotherapy

Please check those that apply:

❑ Do you understand the therapeutic possibilities of astral projection?

❑ Are the case histories helpful in this respect?

From Chapter Ten 1/2—Astral Love, Sex & Magick

Please check those that apply:

❑ Do you understand the symbolism involved in "10½?"

❑ Do you understand about the substance and the "operating system" of the astral world as emotion?

❑ Do you understand "Interconnectedness?"

❑ Do you understand how anything that happens on the astral plane manifests (in some manner) on the physical plane, and everything done on the physical plane is reproduced (in some manner) on the astral plane?

❑ Do you understand how emotional problems arise from failure

to understand the astral involvement?

❑ Do you understand these concepts: She attracts and He projects; the stage and script: She Comes First, her pleasures become his pleasures; the healing power of orgasm, the magickal climax and astral power?

❑ Do you understand Eroto-Comatose Lucidity and the astral trance state?

❑ Do you understand the role of sex magick in arousing and deploying astral power?

Please check those charts and illustrations here that you found helpful:

❑ Active and regular sex has many health benefits

❑ Crowley's symbol for Love is the Law

From Chapter Eleven—Higher Astral Powers & Higher Source of Knowledge

Please check those that apply:

❑ Do you agree with this premise: You already are more than you thought, but you must turn that "more" into reality with purposeful development and training. That's your life purpose, the reason you are here in this life, now. The responsibility is yours, but the obligation is universal. Growth is a true "commandment?"

❑ Do you agree with this statement: You have innate potentials that only need your awareness to become available, and that then can be developed and trained into attributes and useful skills. You have muscles that can be developed and trained; you have a mind that likewise can be developed and trained, and you have astral powers that can be developed and trained. You already have infinite resources that have been culturally denied and even repressed? Now you are liberated to discover and develop powers once called "supernatural" and even "superhuman."

Please check those charts and illustrations here you found helpful:

- ❑ How to Draw Pentagram

From Chapter Twelve—Astral Projection & the Afterlife

Please check those that apply:

- ❑ Do you accept that "our collective past life history incorporates pre-incarnate, incarnate, and discarnate experiences?"
- ❑ Do you understand how the use of Past Life regression integrates knowledge and experience in the current life, while astral projection can be used to access past life incarnations and the subsequent afterlife experiences?

Please check those charts and illustrations here that you found helpful:

- ❑ Three Major Past Life Categories
- ❑ Selected Descriptions of Pre-Incarnate Lives

From Chapter Thirteen—Astral Interactions

Please check those that apply:

- ❑ I understand how Astral Projection gives us entrée to a world greater than the physical universe and opens ways to integrate the subconscious mind with the conscious in pursuit of the superconscious?
- ❑ I now identify myself as a "New Person"—a being of consciousness?
- ❑ I understand the importance of self-analysis and that the responsibilities of growth and empowerment are mine alone?
- ❑ I understand how the astral form functions as a "container" for astral power and the source of true Miracle Power?

Please check those charts and illustrations here that you found helpful:

- ❑ Interaction on the Astral Plane

❑ Actions that set Energy in Motion

From Chapter Fourteen—Case Studies of Astral Projection

Please check those that apply:

❑ I believe the out-of-body experience provides clear evidence of after-death survival and continued evolvement.

❑ I believe the human spirit can function and grow beyond the confines of brain and body.

Please check those charts and illustrations here that you found helpful:

❑ Astral Empowerment Rewards

From Chapter Fifteen—Sources of Knowledge, Advanced Powers & Their Applications

Please check those that apply:

❑ I now understand that even when our active consciousness is centered on the physical level, we're also conscious on the astral and mental as we feel and think.

❑ I understand that the old mechanical view of the Universe is not the reality of contemporary science based around quantum physics and providing an inclusive role for consciousness, awareness, and intention.

Please check those charts and illustrations here that you found helpful:

❑ Thought Form Varieties

❑ Book Files

❑ Qabalistic Tree of Life

❑ Triangle of Causation

From Chapter Sixteen—What's Next? A Seven-Day Developmental Plan for Astral Projection

Please check those that apply:

- ❑ The Seven-Day Plan has been very helpful to me.

From Chapter Seventeen—Further Studies for Astral Empowerment

Please check those that apply:

- ❑ It is Willpower that distinguishes the Adept from the inept.

Please check those charts and illustrations here that you found helpful:

- ❑ Benefits of Astral Projection
- ❑ Major Goals of Existence
- ❑ Cosmic Gateway
- ❑ Psychic Centers: Location, Name & Sephirothic Correspondence
- ❑ Psychic Centers: Name and Associated Image
- ❑ Psychic Centers: Name, Location, & Color
- ❑ Psychic Centers: Name, Symbol, Elucidation
- ❑ Triune Model of Human Consciousness
- ❑ Five Bodies and Levels of Consciousness and Self
- ❑ Ten-Zone Marmasthanani Body Part List
- ❑ Ajna Bija Mantra and Breath Chart
- ❑ Six Psychic Centers on the Body
- ❑ Psychic Shavasana Rotation
- ❑ Psychic Shavasana Counter-clockwise Extrusion Spiral
- ❑ Psychic Shavasana Clockwise Re-entry Spiral with Alternative Chakra
- ❑ Entrance Points
- ❑ Tratak Clockwise Spiral for Use with Psychic Shavasana
- ❑ Geoff Whitefield's Magic Trance Spiral
- ❑ Third Eye Tratak Exercise
- ❑ Shakti Power Flows

- ❑ Ajna Meditation Yantra
- ❑ Black Winged Globe for Ajna Chakra Tratak

The Supplemental Audio Product

Please check those that apply:

- ❑ I am very appreciative of the supplemental products.

PRACTICE

For each of the following programs, exercises, and procedures, please check the boxes that apply.

From Chapter Two—Seeing the Unseen

Aura Seeing—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Seeing Your Own Aura—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Mind Outside the Body: the Practice of Tratak—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction

- ❑ I was not able to succeed with it

Brow Chakra: Stimulating through Sound—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Aura Reading & Interpretation—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Four—Spontaneous Out-of-Body Experiences & Celestial Learning

Pre-Sleep Steps to Out-of-Body Learning—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Five—OBEs in the Laboratory

Pre-Sleep Preparation for Astral Travel—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply

- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Six—OBEs & Psychokinesis

The PK Pool of Power—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

The Astral PK—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

The PK Channeling—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Seven—OBEs, Sleep & Dreaming

Sleep Induced OBE Transitional Travel—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply

- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Flow Sleep Arrest—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Eight—Inducing & Guiding Astral Projection

Preparation for Successful OBEs—Exercises

Candle Meditation

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

In-Body Travel

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Creative Motion

- ❑ Very helpful and beneficial

- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Procedural Guidelines for Successful OBEs

Disengagement

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Destination

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Interaction

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Re-engagement

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success

- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

OBEs Levitation (with Health & Fitness Benefits)—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Walk (with Couples' Relationship Benefits)—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Mirror Image (with Green Energy Rejuvenation Benefits)—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Surfing (with Increased Creativity & Sexual Satisfaction Benefits)—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success

- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Nine—Astral Projection & Astral Powers

Astral Telepathy System—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Sweep—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Precognitive Personal Expose—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Precognitive Cosmic Expose—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions

- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Ten—Astral Projection & Psychotherapy

Astral Plane Therapy—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Alternative Astral Plane Couple's Therapy—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Regression Therapy—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Crystalline Sphere Technique & Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction

- ❑ I was not able to succeed with it

Sexual Interchange Program—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Ten½—Astral Love, Sex & Magick

Sex & Romance, Programming & Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Eleven—Higher Astral Powers & Higher Source of Knowledge

The Astral Powers Basic Training Program

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

The Etheric Training Memory Stations Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions

- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Advanced Astral Training Programs

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

The Qabalistic Cross Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

The Magic Circle Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

The Four Elemental Winds Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Creating the Body of Light Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Transfer of Consciousness to the Body of Light Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Outsourcing Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Outsourcing the Violet Plane

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Outsourcing the Blue Plane

- ❑ Very helpful and beneficial

- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Outsourcing the Green Plane

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Outsourcing the Yellow Plane

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Outsourcing the Orange Plane

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Outsourcing the Red Plane

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success

- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Reversal

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Twelve—Astral Projection & the Afterlife

Astral Ascent Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Astral Excursion Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

From Chapter Seventeen—Further Studies for Astral Empowerment

Cosmic Gateway to Power Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

American Middle Pillar & Auric Energizer Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Visualize Images with "Your Mind's Eye"—Addendum to Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Psychic Shavasana Rotation of Consciousness—Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Psychic Shavasana Extrusion of Consciousness Exercise

- ❑ Very helpful and beneficial

- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Accelerating Out-of-body Experience with Tratak Spiral—Procedure

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Third Eye Stimulation Tratak Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Conscious Expanding Sexual Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply
- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

Internal Chakra Dharana Technique of Ajna—Exercise

- ❑ Very helpful and beneficial
- ❑ Easy to apply

- ❑ Immediate success
- ❑ It required several sessions
- ❑ I had difficulty following instruction
- ❑ I was not able to succeed with it

We thank you very much for your participation in this survey, and for joining with us in what we believe to be an important part of The Great Plan—the development and distribution of empowering knowledge. Our goal through the feedback you provide by answering these questions—as tedious as they may be—is the constant improvement and perfection of our Work in this New Age of rapid change in information and communication technology in which form and Format play a determining role.

One of America's founding fathers, Ben Franklin, is reputed to have said, "I never saw anything that couldn't be made better." Making things better is a driving characteristic of successful people. And working together as writers and readers we can make everything better.

Please keep that in mind as you complete this survey—working together we can make not only better books but a better world. We thank you for your participation in this work.

Carl Llewellyn Weschcke
Joe H. Slate

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GLOSSARY AND SUGGESTIONS FOR FURTHER READING

One goal of our glossary, as with our dictionary, is to confirm a vocabulary so that we communicate and exchange ideas without confusion. Because so much of psychic empowerment involves the use and techniques of divination, we have made this dictionary quite extensive—ranging broadly into "exotic" territory in the hope of stimulating exploration and experimentation, and perhaps new discoveries.

A second goal in providing more than needed is to expand the parameters. Psychic powers are in no way limited to the experience of those who have gone before. It is our destiny to "walk upon the bones of our ancestors" and to build towering edifices from the resources they've left behind. We go "where no man has gone before"—sometimes to discover that others have indeed made this trip before, but even so we add to the breadth of knowledge and prepare the way for others to venture even further.

We're scientists and mystics, visionaries and practical people, and dreamers with our feet firmly on Terra Firma. Our psychic journeys are great adventures, and we must record them well for those who follow in our footsteps.

Ab: (Egyptian) That part of the soul attributed to Binah.

Absolute Zero: The coldest it can get at which most known physical activity ceases: 0°K on the Kelvin scale and as −273.15°C on the Celsius scale, and −459.67°F on the Fahrenheit scale. At temperatures very close to absolute zero, matter exhibits quantum effects such as superconductivity and superfluidity. The esoteric

significance is that here energy still exists in matter sometimes called "Dark Matter," and where Intentional Consciousness is still dynamic.

Adi: (Sanskrit) literally "First" and "Sons of the Fire Mist," an alternate name referring to the Upper Manifestal 7th plane up from the physical level.

Afterlife Actualization: During the life between lives we are progressively empowered to use past life experiences as critical growth resources to accelerate our evolution through next life planning.

Age Regression: A phenomenon in which the individual, typically during hypnosis, recalls or reexperiences past experiences lost to present memory. See past-life regression.

Ajna: (Chakra System) (Etheric Body) The "third eye" chakra, located at the brow, color indigo, associated planet Moon, associated Sephiroth: Chokmah, and Binah.

Akashic Records: Also called "the Book of Life" by hypnotherapist Michael Newton, these are the condensed "lessons" from each lifetime. Recorded in astral, mental, and Causal substance, they are accessed through OBE procedures. Also functioning through the collective unconscious as a kind of group mind that is inherited from all our ancestors and includes all the memories and knowledge acquired by humans. It is believed to exist on the higher astral and lower mental planes and to be accessible by the superconsciousness through the subconscious mind in deep trance states induced through hypnosis, self-hypnosis, meditation, and guided meditation

> It is a function of the astral light to retain all that has ever happened in thought and deed; hence the Akashic records are the enduring records of everything that has ever happened and the repository of all knowledge and wisdom, and the files

of every personal memory.

Being able to call up infinite information and integrate it into your present life needs is of enormous benefit—similar to but beyond the capacity of any present-day Internet search engine.

Suggested Reading—Dale: The Subtle Body—An Encyclopedia of Your Energetic Anatomy

Newton: Destiny of Souls

Journey of Souls

Life Between Lives

Memories of the Afterlife

American Middle Pillar and Auric Energizer: A practical exercise to stimulate six psychic centers, energize the aura, circulate energy and awareness throughout the aura, and then to expand the aura and awareness to encompass all the earth.

Anima: (Psychology—Jungian) The woman in every man. In Jung's psychology, it is the mythic ideal of the feminine that a man projects on to women. It manifests in fantasy, romance, sexual behavior, the estrogen hormone, and in feminine energy.

Animal Soul: Individual animal awareness is primarily physical and emotional, but sharing in the mental substance of the species Group Soul. It is generally believed that accumulated mental activity leads individual animals to transmigrate into the human kingdom—but only those animals such as cats, dogs, elephants and monkeys that have been in close and constant association with human owners.

Animus: (Psychology—Jungian) The man in every woman. In Jung's psychology, it is the mythic ideal of the masculine that a man projects on to men. It manifests in fantasy, romance, sexual response, the testosterone hormone, and in masculine energy.

Anupadaka: (Sanskrit) "Parentless." Alternate name for the

Submanifestal, the 6th level up from the physical.

Aquarian Age: (Astrology) (New Age) The zodiacal age of approximately 2,150 years length subsequent to the Piscean Age. The spirit of these Ages is characterized by the symbolism and general astrological characteristics of the zodiacal sign. The Piscean Age, symbolized by fishes swimming in opposite directions, is identified with Christianity (and its authoritarian offshoots) and Islam. The Aquarian Age is the Age of Man, of intellect rather than emotion, and of self-responsibility rather than the shepherd's crook and the harsh commands of a human authority operating in the name of God. It is associated with the "New Age" which Carl Jung believed to have begun in 1940.

While the ending of one age and the beginning of another is determined by the astronomical position of the Sun at the Spring Equinox, the exact timing on such a cosmic scale is hard to determine. As a practical matter, like "morning" or "evening," the transition between zodiacal ages is indefinite and the Age of Aquarius is believed to occur sometime between 2012 and 2374.

The Aquarian Age demands that knowledge be applied to both practical and spiritual needs, and that schools as "places of knowledge" become the temples and not that the temples become schools!

There is no real secrecy in the Age of Aquarius—no inner secrets that only the initiate can know. What was esoteric knowledge hidden beneath the waters is coming out into the open so that everyone can "walk with the Gods." The World of the Mind and Spirit is the new frontier for exploration, the Inner Space through which we travel now. Our scientific and technological thrust must be directed to saving the planet and opening the inner doors of consciousness as well.

Today there are opportunities for people to come together in learning occult knowledge, in research and sharing of discovery, in participation in the revival of a religion of Nature and heart, and learning how it is that man and woman can liberate each other.

The demands of world crisis require that we make our spiritual knowledge a living and growing knowledge, not a static faith. That is why we make our celebrations renewals, conventions of discovery and learning, as well as festivals. We can take joy in the responsibility that the age thrusts upon us, for with it is the opportunity for a tremendous leap forward in planetary evolution.

Man is balanced upon a precipice from which he can fall or ascend. The choice is his to make. If he chooses to fly and ascend to the Gods he must, like Icarus, make his own wings; if he is not to fall, he must find guidance in proven knowledge and technique.

Archetype: (Psychology—Jungian) A universal image and center of psychological function and energy mostly similar across nationalities, races, cultures, and historical times. Generally speaking, "Mom" is the same mom everywhere. Nevertheless, there may be some minor variation across long established cultures as expressed in dominant religions, and personal variants may be the source of traumatic disturbances, as when a real-life mom fails to fulfill her archetypal stature.

The archetypes are the foundation of major mythologies, and correspond with gods, goddesses, and mythic heroes representing elemental forces. They are found in the major arcana of the Tarot, may be seen and experienced through Kabbalistic path-working and shamanic trances, and are often met in dreams and projected on to real-life figures in times of

crisis. One of the goals in every program of self-knowledge is to gain understanding of our particular interaction with them, and possibly change those interactions from a childish to a more mature level.

Astral Ascent: An astral projection procedure induced by hypnosis to survey past-life experiences and retrieve those particularly relevant to current needs.

Astral Awareness: The essential goal of astral projection is to extend awareness beyond the limitations of the physical brain to become fully conscious on the astral plane. Moving beyond single-body limitation to multi-body consciousness our horizons become infinite.

Astral Blue Beltway: The fluid stream of psychic energy used to convey telepathic messages in the astral telepathy system.

Astral Body, aka Astral Vehicle: Equivalent to the Sanskrit Kama-Rupa. The extra-biological part of our being, which exists as a conscious, intelligent, and indestructible entity.

The third vehicle ("upward" in the general scheme) or level of consciousness, also called the desire or emotional body, or emotional "envelope." In the process of incarnation, the astral vehicle is composed of the planetary energies in their aspects to one another to form a matrix for the physical body. This matrix is, in a sense, the true horoscope guiding the structure of the body and defining karmic factors.

The astral vehicle is the lower self of emotion, imagination, thinking, memory, and will—all the functions of the mind in response to sensory perception and emotional reaction. It is the field of dreams and the subconscious mind. It is the vehicle for most psychic activities.

Yet, a distinction must be made: the physical body is the field of ordinary conscious mind and the astral is that of the

subconscious mind, and a doorway to the super-conscious mind and the collective unconscious.

Astral Doorways: Meditation on certain objects may function (1) to induce an alternative state of consciousness or (2) to bring access to certain areas of the subconscious and astral plane. Among the first are fascination devices that focus awareness and induce trance—crystal balls, magick mirrors, swinging pendulums, pools of ink, etc.—allowing the user to receive impressions. Among the second are Tarot cards, Rune symbols, I Ching hexagrams, Egyptian hieroglyphs, Hebrew letters, Tattwas, and Yantras etc., used in meditation that open certain astral circuits and gain access to specific parts of the astral plane and to subjective states of consciousness.

Suggested Reading—Tyson: Soul Flight: Astral Projection & the Magical Universe

Astral Encounter: Within spontaneous astral projection, the therapeutically planned encounter with long-term growth barriers with the intention of dismantling them.

Astral Excursion: An out-of-body induction procedure specifically designed to promote astral travel to the spirit realm.

Suggested Reading—Slate: Beyond Reincarnation

Astral Flight: An imagery and relaxation procedure for inducing out-of-body travel.

Astral Flow: A procedure designed to arrest sleep and induce out-of-body travel to designated destinations.

Astral Genotype: The unique cosmic structure underlying each person's individuality as a conscious entity.

Astral Illumination: Through astral projection and increased awareness, we accelerate our growth and gain understanding of the nature of our existence.

Astral Light: (astral consciousness) The lowest principle of

Akasha. The 'substance' of the astral plane that responds to astral light is approximately equivalent to ether, mana, vital fluid, etc., holding the impressions of thought and emotion and feeling, forming memory.

Suggested Reading—Regardie & the Ciceros: The Tree of Life: An Illustrated Study of Magic

Astral Love: Like astral sex—which see—love, and romance, are emotional and emotion is the substance of the astral plane.

Astral Matrix: The astral body—in contrast to a constructed thought form—is a nonphysical replica of the physical body and can be used as an organizing matrix perceived to be ideally healthy. Upon re-engagement with the physical body, health images can be transferred for healing and rejuvenation.

Astral Outsourcing: A procedure designed to acquire outer growth resources available only through out-of-body interactions with higher astral planes.

Astral PK: A procedure designed to muster PK resources during the out-of-body state, and focus them on specific health or fitness goals.

Astral Plane (Level)**:** (Astral Consciousness) The second level or plane, sometimes called the inner plane or subjective world, is an alternate dimension both coincident to our physical world and extending beyond it. Some believe it extends to other planets and allows for astral travel between them. It is that level of concrete consciousness between the physical/etheric, the sphere of ordinary consciousness, and the mental and spiritual levels. It is where dreams, vision, and imagination are experienced and magical action shapes physical manifestation.

Just as humans cannot fly through the air without aid, so we cannot readily function at these higher levels until we ourselves are able to raise our levels of consciousness and

achieve increased awareness. Your perceptions at the lowest levels of the astral plane can be as challenging as those of the lowest levels of the physical plane such as below sea level where there are creatures living without oxygen in the midst of sulfurous plumes in the ocean deeps rising from the earth's hellish volcanic interior.

In this New Age, we will experience the same drive that led us to explore and adapt to the far reaches of the physical world extended to these additional worlds that make up the vaster universe that is both physical and nonphysical. The astral plane is in many ways our new frontier, and as we focus more and more in this added dimension we hope that we will at the same time bring peace and true prosperity and full realization of the beneficial opportunities in the physical plane that is the foundation for our evolutionary journey.

Astral Plane Therapy: A psychotherapy procedure based on the concept that the out-of-body experience is inherently therapeutic.

Astral Polarization: An OBE induction strategy designed to create a polarized state between the astral and biological bodies and a slow separation of the two.

Astral Powers: Those natural powers and trained skills that arise from mastery of the particular rules of engagement that characterize the astral plane. With understanding the nature of astral substance and energies and the unique characteristics of the many sub-planes and resources of the astral plane, we need to train the astral body in much the same way as we do the physical body—by learning and practice.

In most situations, we are interested in using the astral to explore the nonphysical universe and to influence physical actions.

Still anchored in the physical body, we make use of various

OBE procedures to do these things. In most cases, it is vital to set specific goals, and it is through such work that we do gain skills, train our astral "muscles," and grow in consciousness.

Astral Projection: A phenomenon in which the astral body disengages from the biological body to consciously experience distant realities. See Out-of-body Experiences (OBEs).

Astral Projection and Astral Travel: (Astral Consciousness) It's desirable to treat these two subjects together because of the confusion in terminology over the years. Astral projection is a particular state of consciousness in which the astral body separates from the physical and is able to travel on the astral plane, obtain information, communicate with other beings, and return to the physical with full memory. It is common that the astral body separates from the physical during sleep, but does not travel. Nonphysical movement in the familiar physical world is more likely to involve the etheric body than the astral. The etheric is the energy double of the physical body, able to function separately from the physical body while connected to it with the "silver cord" that transfers energy and consciousness between the two.

The etheric body can travel anywhere in the physical world, moving with the speed of thought, and can interact with the physical in a limited manner.

The astral body does not spatially leave the physical body because it is not really an independent body but is the subconscious mind and moves within the field of consciousness without moving at all. Consciousness is everywhere, and in consciousness you can be anywhere. To the extent you want a body, you need to create a body of light in your imagination and then just imagine it doing what you want, going where you want.

But, the astral plane is not the physical world, and it lacks the 'solidity' of the physical plane even though there is replication. However, things may appear on the astral that are not in the physical.

Suggested Reading—

Bruce & Mercer: Mastering Astral Projection book and CD companion.

Phillips: Astral Projection Plain & Simple: the Out-of-Body Experience

Denning & Phillips: Practical Guide to Astral Projection, the Out-of-Body Experience

Goldberg: Astral Voyages: Mastering the Art of Interdimensional Travel

McCoy: Astral Projection for Beginners: Six Techniques for Traveling to Other Realms

Slate: Astral Projection and Psychic Empowerment

Webster: Astral Travel for Beginners: Transcend Time & Space with Out-of-Body Experiences

Astral Regression Therapy: A psychotherapy procedure structured specifically to extinguish deep-seated fears by traveling out-of-body to reexperience their origins.

Astral Replica: Anything on the physical plane is replicated on the astral plane in non-solid astral substance that responds to feeling and thought.

Astral Sex: Every physical action has an astral reaction, and nearly everything sexual is accompanied by emotion, the very substance of the astral plane. Love and romance are likewise emotional, and these three are mostly associated together and function through the exchange of magnetic and electrical energies that engender excitement and pleasure, and built the magical potentials fundament to sex magick—which see.

Astral Substance: Instead of physical substance the astral world has its own unique substance that some writers refer to as "emotional" because it is the foundation for our emotional consciousness, just as the physical substance is the foundation for our physical consciousness, and the mental world substance is the foundation of our mental consciousness.

Astral Surfing: An out-of-body induction procedure designed to facilitate out-of-body astral scanning of multiple planes.

Astral Sweep: A procedure designed to induce out-of-body clairvoyant scanning.

Astral Telepathy System (ATS): A nine-step out-of-body induction and telepathic sending system.

Astral Therapy Programs: Astral projection programs specifically designed to tap into the therapeutic possibilities of the out-of-body experience drawing upon the resources of higher astral planes.

Astral Walk: An out-of-body induction procedure that introduces out-of-body walking as a figurative, multidirectional phenomenon.

Astral Walk-Out: In astral walk, a stage in which the astral body disengages the biological body. See Astral Walk.

Astral World: (Astral Consciousness) Just as we speak of the physical plane and the physical world, so we speak of the astral plane and the astral world. A "plane" (like a "level") is descriptive of the characteristics of things that make up a world —the substance, energies, laws, etc. A "world," in contrast, is descriptive of how things are put together: the landscape, the life-forms, the climates, and so forth.

> The astral world has its own landscape, generally replicating the physical world, but is far more extensive, reaching wherever consciousness reaches. It has its own

inhabitants, which include the astral bodies of the inhabitants of the physical world. Those astral inhabitants also include forms that have never incarnated into physical bodies as well as temporary inhabitants created by humans through the power of imagination, emotion, and fantasy.

It is also possible that some creatures, like paranormal entities such as UFOs, aliens, the Loch Ness and other monsters that slip in and out of the physical world have their origin in the astral, and that mythical beings like dragons also exist in the lower astral, close enough to the physical that they sometimes appear to the physical world inhabitants.

Atma: (Sanskrit) The Upper Super-essential level of reality and consciousness. Also the vehicle of the second Self.

Atmic: (Sanskrit) The Upper Super-essential level of reality and consciousness.

ATS: See Astral Telepathy System (ATS).

Aura: (Aura) (Etheric Body) An egg-shaped sphere of energy extending as much two to three feet beyond the physical body and viewed by clairvoyants in colorful layers that may be read and interpreted.

It includes layers outward from the physical: the etheric, astral, mental, and spiritual bodies. The aura is also known as the "magical mirror of the universe" in which our inner activities of thought and feeling are perceived in colors. It is also the matrix of planetary forces that shapes and sustains the physical body and the lower personality.

Clairvoyants may analyze the aura in relation to health, ethics and spiritual development, and the aura can be shaped and its surface made to reflect psychic attacks back to their origin.

Suggested Reading—

Andrews: How to See and Read the Aura

Slate: Aura Energy for Health, Healing & Balance

Webster: Aura Reading for Beginners, Develop Your Psychic Awareness for Health & Success

Aura Goggles: (Aura) In 1908, Dr. Walter Kilner invented aura goggle involving screen of dicyanin by which he could perceive the ultra-violet part of the field around the body that he termed The Human Atmosphere in a book of that title he published in 1911.

Aura Reading: (Aura) Clairvoyant reading of the aura to determine the health, character and spiritual development of the person (or animal) by the colors seen.

Suggested Reading—

Andrews: How to See and Read the Aura

Slate: Aura Energy for Health, Healing & Balance

Webster: Aura Reading for Beginners, Develop Your Psychic Awareness for Health & Success

Aura Seeing: (Aura) The perception of the aura, initially by means of the "subtle senses" and then by psychic clairvoyance.

Aura Self-Massage: (Aura) We can create powerful mind/body interaction to promote better health and fitness. Aura self-massage procedures can be adapted to many specific goals.

The human aura is a most powerful resource and your development of skill in reading and understanding its dimensions of color and energies and of active intervention to enhance and direct those personal and cosmic energies composing it will bring you to the highest levels of empowerment.

Suggested reading—

Slate: Aura Energy for Health, Healing & Balance

Autonomic nervous system: The lower intelligence that safely

runs the body functions without conscious awareness.

Awareness: (Consciousness) Awareness is the focus of consciousness onto things, images, ideas, and sensations. Awareness is more than what we physically sense. We do have psychic impressions independent of the physical apparatus. And we can focus our awareness on memories dredged up from the subconscious; we can focus on symbols and images and all the ideas, and memories, associated with them. We can turn our awareness to impressions from the astral and mental planes, and open ourselves to receiving information from other sources from other planets, other dimensions, and from other minds.

Awareness is how we use our consciousness. It is just as infinite as is consciousness, just as infinite as is the universe in all its dimensions and planes. When we speak of expanding or broadening our awareness we are talking about paying attention to new impressions from new sources, and from other ways we can use our consciousness. Awareness is like the "Operating System" that filters incoming information, sometimes blocking "what we don't believe in."

Awareness is something of a corollary to concentration. We are used to thinking of it as passive in sensory perception but it changes dramatically when used actively. Your perceptions can be extended with expanded awareness, and what was invisible can become visible, or heard, or tasted, or sensed. To become more aware is to become enriched. And becoming aware is not limited to objects and people, but includes energies pulsing through and around objects, persons, and their environment.

Through extended awareness, we grow and develop our latent psychic powers into reliable skills.

Ba: (Egyptian) That part of the soul attributed to Hod and Yesod.

"Be Here Now": Even as we recognize that the physical world—as perceived through our physical senses seemingly affirmed through "history"—is really only a "belief system" that is constantly updated by "patches" and "new versions," it is our starting point. We start with the world we perceive, and we grow by understanding even as we must acknowledge that our vision is limited and may be distorted by our consensual ability to create. That's the world as we know it! As we continue our study of consciousness we will gain in our ability to understand and even shape consensual reality to better reflect the world as it can be!

We experiment to test our theories instead of merely accepting the views of those who have gone before us. We don't argue over the fine points of thousands-of-years-old theology, nor of the scientific and academic theories of yesterday. We "test and verify" and change what we must. We can only become more than we are by changing who we are —by modifying yesterday's beliefs through understanding today's experience.

We are here now, and as we ourselves change through growth & development, so our reality will change through new consensus based on the publication and communication of new knowledge. Nothing is static except the Beginning which is unknowable, and the Ending which may or may not be pre-determined.

Become more than You are: (New Age) A phrase coined by Carl Llewellyn Weschcke to express that concept of self-directed evolution. You, we all, are a work-in-progress toward fulfilling the potential of the whole person already existent as a matrix of consciousness into which we are evolving. To "become more than you are" is the goal of everyone who accepts the

opportunity and responsibility of accelerated development and self-empowerment.

Biological Genotype: The genetic make-up of our biological being.

Black Hole: First proposed by geologist John Michell in 1783 and further developed in 1796 by mathematician Pierre-Simon Laplace, a concept of a body so dense that even light would not escape its gravity. The concept was extended to stellar objects by astronomer Karl Schwarzschild in 1916. However, the concept was only theoretical until the recent discovery of Neutron Stars—it is now believed that black holes form when heavy stars collapse at the end of their life cycle into supernovae. Such a Black Hole has so much gravity that it attracts other stars, growing ever larger.

Body of Light: Sometimes used as an alternative for the astral body, but more correctly as an image created ritually out of the astral light through the power of imagination and used by a magician as a vehicle for conscious perception and action.

Suggested Reading—

Ashcroft-Nowicki & Brennan: Magical Use of Thought-Forms: A Proven System of Mental & Spiritual Empowerment

Broken Corona Effect: In electrophotography, the phenomenon in which the electromagnetic pattern around the fingerpad separates into two parts during the out-of-body state. See electrophotography.

Brow Chakra: See Ajna. Also known as the "Third Eye," it is the primary means for clairvoyance and other psychic faculties.

Buddhi: The higher consciousness of the second Self, sometimes called "Intuition."

Buddhic Plane: The fourth plane "up" from the physical, sometimes called the intuitional level.

Candle Meditation: A preparatory OBE exercise helpful in developing concentration skills required to induce and guide the experience.

Causal Aura: The fifth and outermost part of the human aura.

Causal Body: Buddhi and Manas, the incarnating self. It is the causal body that is what is most identified as the "Soul," although it is not the ultimate Spirit.

Causal Substance: Like the other five planes of the three lower levels, there is "substance" as well as "laws" relating to its specific nature. The causal shares the third level with the mental plane—which likewise has its unique substance, but the two share the characteristic of five dimensions (in contrast to the familiar three of the physical and etheric planes of the first and lowest level.

Chakras: (Chakra System) Psychic centers located in the aura functioning through the etheric body that exchange particular energies between the physical body and the personality, and the higher sources of energy associated with the planets, the solar system, and the cosmos.

There are seven traditional "master" chakras and dozens of minor ones located in such places as the palms of the hands, soles of the feet, joints of arms and legs, and just about any place traditionally adorned with jewelry.

Chakras are whirling centers of energy associated with particular areas of the body. In the Hindu tradition, muladhara is located at the base of the spine and is the source of kundalini and the power used in sex magic. Svadhisthna is located at the sacrum. Muladhara and Svadhisthna are linked to the physical body. Manipura is located at the solar plexus. Muladhara, Svadhisthna, and Manipura are together associated as the personality, and their energies can be

projected through the solar plexus in such psychic phenomena as rapping, ectoplasm, and the creation of familiars. Manipura is linked to the lower astral body. Anahata is located at the heart and is associated with group consciousness. Vishuddha is located at the throat and is associated with clairvoyance.

Anahata and Ajna are linked to the higher astral body. Ajna is located at the brow and is associated with clairvoyance. Sahasrara is located at the crown and is associated with spiritual consciousness. Anahata, Vishuddha, and Sahasrara are together associated as the spiritual self.

The master, or major, chakras are as follows. While we are listing some correspondences to planets, colors, and the Kabbalistic sephiroth, there is considerable debate about these and the correlations cannot be specific because the chakras and the sephiroth involve two different systems. Likewise, although not listed, there are differences between both these systems and those of Oriental martial arts and healing systems.

Muladhara, base of spine, color red, associated planet Saturn, Sephirah Malkuth, associated Tattwa Prithivi, symbol of the element of Earth.

Svadhisthana, genital area, color orange, associated planet Jupiter or Moon, Sephirah Yesod, associated Tattva Apas, symbol of the element of Water.

Manipura, solar plexus below the navel, color yellow, associated planet Mars, sephirah: none suggested, associated Tattva Tejas, symbol of the element of Fire.

Anahata, heart, color green, associated planet Sun or Venus, sephirah Tiphareth, associated Tattwa Vayu, symbol of the element of air.

Vishuddha, throat, color blue, associated planet Mercury, Sephirah Daath, associated Tattwa Akasha, symbol of the

element of Spirit.

Ajna (the Third Eye), brow (just above and between the eyes), color indigo, associated planet Moon, Sephiroth: Chokmah and Binah.

Sahasrara, crown, color violet, associated planet none, Sephirah Kether.

The following chart is a simplification of the primary chakra system.

No.	Common Name	Sanskrit Name	Location [2]	Col or Pet
1	Base	Muladhara	Base of Spine[5]	Red
2	Sacral	Svadhisthana	Over Spleen	Ora
3	Solar Plexus	Manipura	Over Navel	Yell
4	Heart	Anahata	Over Heart	Gre
5	Throat	Vishuddha	Throat	Blu
6	Brow	Ajna	Brow	Ind
7	Crown	Sahasrara	Top of Head	Viol

1. These are the most commonly assigned colors, but authorities differ.
2. These are the most commonly assigned locations, but authorities differ. Instead of the Solar Plexus the Navel.
3. Commonly, this is given as two, but it is really two “wings” of 48 each.
4. Most commonly, it is identified as a thousand petaled lotus. The crown chakra has 960 spokes plus gold at its core.
5. Between anus and perineum.
6. Again, there are disagreements among authorities. Remember that there is no direct physical con body.

Source: Slate, J. & Weschcke, C.: Llewellyn Complete Book of Psychic Empowerment—Tools & Techniques (Llewellyn, 2011).

Suggested Reading—

Judith: Wheels of Life: A User’s Guide to the Chakra System

Mumford: Chakra & Kundalini Workbook: Psycho-spiritual Techniques for Health, Rejuvenation, Psychic Powers

& Spiritual Rejuvenation

Chalice of Power: In the PK Pool of Power, a procedure used to take water from the PK astral pool and pour it over the astral body. See PK Pool of Power.

Change: (Self-Empowerment) There is always change. In self-empowerment, instead of letting life happen to you, you can make life happen your way. But you have "to take charge" and "state your intentions." There is recent scientific evidence showing that changes in your own thoughts make changes in your brain's circuitry.

Chaos: The disorganized, primal, state from which creation emerges. Chaos Theory is a field of mathematics with applications in various sciences, including physics and magick, concerning the level at which small changes can produce major, generally unpredictable effects—the so-called "butterfly effect." In quantum theory and in magickal theory, intention applied at sub-atomic levels can create desired change.

"Check and Verify": The phrase was made famous by U.S. President Ronald Reagan in Cold War negotiations with Soviet Prime Minister Mikhail Gorbachev. It is a vital procedure in all astral training because astral consciousness includes the faculties of imagination and dreaming that untrained can lead to fantasy and even delusion. Variations of the phrase include "test and verify" and "trust, but verify."

Clairvoyance: (Psychic Empowerment) Sometimes called "ESP," the psychic ability to perceive things invisible to most people, such as auras, various health indicators, spirits, as well as things at a distance in space or time. It includes skrying (which see).

Both clairaudience and clairvoyance, and other psychic skills, have been induced through hypnosis and self-hypnosis, showing them to be innate to the human psyche.

As part of the unfoldment of the human intellect into omniscience, the development occurs at a certain stage of human evolution of fully conscious, positive clairvoyance. This implies an extension, which can be hastened by means of self-training, of the normal range of visual response to include both physical rays beyond the violet and, beyond them again, the light of the super physical worlds. … It is important to differentiate between the passive psychism of the medium, and even the extrasensory perception (ESP of parapsychology), and the positive clairvoyance of the student of occultism. This later, completely under the control of the will and used in full waking consciousness, is the instrument of research … to enter and explore the Kingdom of the Gods.

Source: Geoffrey Hodson, The Kingdom of the Gods (Theosophical Pub. House, Madras, India, 1953), 9.

Suggested Reading—

Katz: You Are Psychic, The Art of Clairvoyant Reading & Healing

Owens: Spiritualism & Clairvoyance for Beginners: Simple Techniques to Develop Your Psychic Abilities

Slate & Weschcke: Psychic Empowerment for Everyone

Clairvoyant Sweeping: Liberation of the clairvoyant faculty to probe other realities. See Astral Sweep.

Cocreators: (Self-Empowerment) Here's the realization: we have all along been unconscious cocreators, and now we have the growing realization that we must be conscious cocreators, broadly aware of our own transgressions of natural law, or else the human experiment will end in failure.

Consensus Reality: The concept that the physical world, as we perceive it, is an illusion—an illusion so powerful that we accept it as "real" and in our endeavors to understand this reality we

have given it still greater "hardness" through our accumulation of history, myth, fable, and statements of physical laws. All of this has been limited to the perceptions of physical senses and rejection of the nonphysical.

Consciousness: Everything that is, out of which energy and matter manifest and life evolves. Consciousness is the beginning of all things and part of the trinity of consciousness, energy, and matter. "Consciousness just IS!" We can't really define consciousness because we are nothing but consciousness and consciousness cannot really define itself. "I AM THAT I AM."

Our personal consciousness includes all states of awareness and our experiences of fear, love, hope, desire, happiness, sadness, depression, ecstasy, mystical union, etc. We experience connectedness through consciousness.

Consciousness is not a 'thing,' nor is it a function of a 'thing' called the brain. Killing the brain doesn't kill consciousness, but it limits its expression in the familiar physical world. Consciousness is expressed through the brain, but it exists outside the brain. Consciousness acts upon the physical world, like a "force," as in telekinesis.

There are three levels of consciousness:

I for Instinct, a function of the lower subconscious

I for Intelligence, a function of the ordinary consciousness

I for Intuition, a function of the super-consciousness

Corona-discharge photography: See electrophotography.

Cosmic actualization: The full realization of personal growth potentials related to past-life experiences.

Cosmic archives: The comprehensive records of the cosmos, which include our personal archives.

Cosmic Exposé: A strategy designed to activate out-of-body precognition by focusing on external, cosmic sources of

precognition.

Cosmic illumination: Raised awareness of the cosmic scheme of our existence, accompanied by increased knowledge of our higher self. See cosmic actualization.

Cosmic life force: The energizing foundation of all reality, both tangible and intangible.

Cosmos Wide Web: (CWW) Modeled after the World Wide Web (WWW) of the Internet, the CWW recognizes existence of the Akashic records imagined as "infinite-sized and capable data banks and servers, accurately accessed through a speed-of-light fast astral search engine using an imaginary keyboard and large monitor to call up and see those records we desire."

Creative Motion: An OBE preparatory exercise designed to extinguish any subconscious resistance to astral projection by focusing on moving images outside the body.

Critical Observation: The careful observation and remembrance of details making their later organization and analysis possible. It is an essential feature of astral and magickal training.

Crystalline Sphere Technique: A psychotherapy technique designed to explore past-life influences and extinguish fears associated with unresolved past-life trauma.

CyberSpace: The new astral plane. The role of the Internet as a search engine duplicates the memory resources of the Akashic records; the instant transfer of communications via e-mail duplicates mental telepathy; the social networking tools duplicate the astral body as a kind of magic mirror; the role-playing avatar duplicates the projected body of light.

> The expanding use of the Internet blends with similar functions on the Astral Plane to a degree that trains the user to function more directly, more consciously, in the subconscious mind and overcoming the barriers that previously existed.

Desire: See also Emotional Matter. "Desire" is an alternate name for the astral plane (or level) and likewise for the astral (or emotional) body or vehicle. But "desire" is also one of the most fundamental of human emotions and is the qualifying adjective associated with such basis drives as sex, food, money, security, comfort, romance, etc. While older occult teachers taught that desire should be repressed (especially in connection with sex), such repression is both unhealthy and undesirable in terms of the wholeness of the human person. Desire is neither good nor bad, but it is motivation and liberates and directs the energy of life. "Control" and "balance" keep desire in perspective.

Desire Body: Alternate name of the astral (aka emotional) body.

Dimensions: Each plane or level of reality has certain distinctive characteristics of space, substance, energy, consciousness, Nature, and rules of engagement that must be recognized as determinate for phenomena at that particular level and for efficient and effective functioning of consciousness at the chosen level. According to the esoteric teachings of Henry Laurency, the increase from three dimensions at the physical plane to four at the astral, five at the mental, etc., seven at the manifestal.

Discarnate compensation: In discarnate development, the capacity of astral teachers and other growth specialists to make up for a deficiency in a given individual's accumulated incarnate resources.

Divine Body: Name of the vehicle for functioning consciously at the 6th level or plane up from the physical. Alternate names include Submanifestal, Monadic, and Anupadaka.

Divine Plane: Name for the 6th plane or level up from the physical. Alternate names include Submanifestal and Monadic.

Doppelganger: A seemingly unconscious projection of the astral body.

Dream Body: Alternate name for the astral (or emotional) body, but also the specific term for astral body that has separated from the physical body during sleep. Becoming conscious while in the dream body facilitates one particular form of astral projection known as "lucid dreaming."

Ecstasy: Through prolonged intercourse and visualization of woman as the Goddess Incarnate, sexual ecstasy can be made to become psychic ecstasy, the fire that excites and powers the magickal imagination. Body, mind and spirit are united with a transfusion of energy to transform subjective reality into objective reality.

Egregore: An autonomous thought form containing astral energy and substance and created of astral light by magical intent, focused consciousness, or religious devotion. It is often in the form of a guardian creature (such as an eagle or lion) to protect a building or a spiritual group. The form can originate in mythology or be adapted from folklore and can be ritually charged with additional functions such as observing distant events, carrying out an act of revenge, or to serve as a focus of devotion to unite the group.

Electrophotography: Developed by the Russian scientists Semyon and Valentina Kirlian in 1939, electrophotography is a contact technique in which the object being photographed, such as a finger tip, is placed in direct contact with film placed on a metal plate charged with electricity of high voltage and frequency. Electrophotography was hailed by many parapsychologists as "a way to see the unseeable" and "a window on the unknown" which could revolutionize our concept of self and the universe" (Ostrander and Schroeder). These authors concluded that the Kirlians had photographed the etheric or energy body and provided a new technique for "exploring the

energy body of ESP." Also known as corona-discharge photography or Kirlian photography (which see).

Suggested Reading—

Ostrander & Schroeder: Psychic Discoveries Behind the Iron Curtain.

Elemental Essence: The primary substance composing subtle bodies.

Suggested Reading—

Bladon: The Science of Spirituality

Emotional Body: An alternate name for astral body (which see) or vehicle, used by many modern esoteric writers like Henry T. Laurency and Lee Bladon because they consider the substance of the astral (emotional) plane or world to be best defined as emotional as is the consciousness of that body and level. The strength and the challenges are emotional.

The emotional body is the primary vehicle for consciousness between incarnations, first dissolving at the three lowest sub-planes so as to no longer be in contact with the physical world. The three highest sub-planes provide the substance-fulfilling personal and religious fantasies without any veracity from the mental and causal levels.

Suggested Reading—

Laurency: The Philosophers Stone

Emotional Plane: An alternate name for the astral plane (which see) or world, because the nature and substance of the astral (emotional) plane or world is best defined as emotional, i.e. "matter in motion" and response to human feelings and emotions. See astral plane.

Emotional Matter: The substance (matter) of the astral plane, of its energies and "operating system" is defined as Emotion. Whenever and however we experience what we know as

emotion (feeling, love, desire, affection, ambition, gratitude, etc.) our astral body and the astral world are the field of action. Emotion is the energy powering most intentional psychic and magical operations, the energy responsible for many types of psychic phenomena, possibly including hauntings, poltergeists, rapping, etc.

Emotional Substance: Matter and substance are basically the same.

Eroto-Comatose Lucidity: We owe this complex phrase and system to Aleister Crowley, described in several of his books to consist mainly of one person stimulated to multiple orgasms by one or more assistants using any means to the point of exhaustion and the falling into a trance state open to directed astral actions.

> Donald Michael Kraig writes about this in Modern Sex Magick under the heading of "Kabbalistic Sex Magick Trance" as a practice between just two partners stimulating each other and says that it would often lead to oracular insights.

Essential Body: The vehicle for consciousness at the fourth level up from the physical. Here the self-identity of the individual as monad or Soul is permanent and at the same time can experience others' consciousness as his or her own and can also experience oneness with universal consciousness. The essential self no longer needs to incarnate in the physical world except in service to the Great Plan.

Essential Plane: The world at the fourth level up from the physical, characterized by six dimensions of matter and motion. It is the lowest of the four higher planes of our solar system.

Ether: Identical with the Hindu Akasha and the fifth element in Western magic, Spirit which is believed to originate the other four: Earth, Water, Fire and Air. Also called astral light, Ch'i,

Odic Force, Orgone, Prana, Vril, the Force. It can be concentrated and directed by will, and intensified by breath.

Etheric Aura: The etheric aura is also called the "health aura" because it reflects the physical body's energy complex, and provides the perceiver with the means to determine the health status and even—for an experienced reader with medical training—a means for diagnosis and perception of progress or lack of progress in treatment of diseases.

For any medical practitioner, the ability to see inside the health factors revealed by the aura should be of immense value. This would be especially relevant in the case of energy work such as acupuncture, Reiki, chakra balancing, Rolfing, massage, etc. where seeing the immediate effect of the therapy could be extremely helpful.

Etheric Body: Equivalent to the Sanskrit Linga-Sarira and is the matrix around which the physical body is formed. The second, or energy, body that is closest to the physical body. As with all the subtle bodies, it has two layers:

The first, sometimes called the "etheric double," is fully coincident with the physical body in health and extends about an inch beyond physical skin. It is the psycho-physical circuitry of the human body (the chakras, nadis, and meridians) through which the life-force flows under direction of the astral matrix. To clairvoyant vision, it is the health aura and appears as very fine needles of radiation—standing straight up in health and lying down in illness.

The second layer, along with the astral and mental bodies, forms the egg-shaped aura surrounding the human body. It is an interface between the individual and dynamic planetary energies and cosmic forces the sustain life.

Also known as the body of sensation producing awareness

in the physical body. The etheric body can be projected (see etheric projection) and can be molded by intense thought and thus shape the physical body.

Etheric Double: See "etheric body."

Etheric Plane: The energy plane between the physical and astral planes. Its energies are in constant movement, like tides and currents, ruled by the Moon, Sun, and planets and moving in cycles. In theory and practice, the etheric is considered to be the upper layers of the physical plane and consists of substance and energy not perceptible to the hard physical senses. However, its substance and energy permeates the physical plane and the physical body to provide the life force—mostly regulated by the Moon and planets—that enlivens all physical life.

Etheric Projection: A portion of the etheric body, sometimes along with other etheric material for added substance, can be formed as a vehicle for the operator's consciousness and projected to other physical locations in order to perceive physical information about physical events. It is also possible to use the etheric body to affect physical events, as in healing. Being of near physical substance and energy, it is sensitive to certain physical materials, like iron and silver. It can be injured, and such injuries will repercuss back to the physical body.

The etheric body can also be shaped to resemble other entities, and is a factor both in the lore of were-wolves and were-leopards.

Etheric Revenant: This is the foundation for vampire lore. As with the ancient Egyptian practice of mummification, the preserved body—hidden and protected from disturbance including the effect of sunlight—provides a base for the continued use of the etheric body by the personality of a deceased person. The etheric body has to be nourished with

substances rich with life energy, like blood.

Etheric Substance: Etheric substance is composed of the three higher molecular kinds of physical matter and is the substance of the etheric double or energy aspect of the physical/etheric body.

Etheric Template: In the incarnation process, the "information" needed for the whole physical body and associated subtle bodies is brought down from the causal level, through the mental and astral levels to form an actual "template" at the etheric level to guide the formation of the embryo and its birth in relation to the pre-determined birth horoscope. It is this template that provides the blueprint for the physical life.

Etheric Training Memory Stations Procedure: A very systematic process for training memory and visualization skills, focusing on one "station" at a time within a short walk within the home, preferably leading from the sleeping area and back in a circle. After extensive "live practice," the walk is repeated entirely in the imagination. It is a valuable preparatory technique for astral projection and lucid dreaming. It is adapted from The Art & Practice of Astral Projection, by Ophiel.

Evolution: Unlike the Darwinian concept that focuses primarily on the physical form, esotericism extends that concept of evolutionary change to every aspect of life and consciousness including the Soul, and sees a constant movement of growth and development throughout the cosmos, both visible and invisible. Evolution is not a thing of the past but continues, both in physical response to the environment and in fulfillment of a primal program set forth a the "beginning."

> For the human being, the evolutionary process is primarily in the fulfillment of the potentials of the personal consciousness, in particular in the fulfillment of the whole person and the growth and development of the super-

conscious mind.

Dennis Bushnell, NASA's chief research scientist at their Langley Center has written: "Humans are now responsible for the evolution of nearly everything, including themselves … The ultimate impacts of all this upon human society will be massive and could 'tip' in several directions." (Speech at World Futurist Society's Annual Conference July 8, 2010)

Many in the esoteric community believe that the beginning of the New Age in the 1960s—whether or not coincident with the influx of Aquarian Age energies—brought an expansion of awareness and an actual change in consciousness that is having an increasing effect on personal and social development.

In the personal area, this is having an immediate effect in the development of innate unconscious psychic powers into conscious psychic skills. In the social area it is expected to translate into world government and global economy, law, and human rights.

As a factor in human consciousness, the evolutionary impulse is not limited by the physical structure but rather can mold it as needed by the emergency psychic faculties.

"… a divine purpose, a great plan … evolution, but not of form alone. [It is] a process which is dual in its operation, spiritual as well as material, directed rather than purely natural … The process is understood to consist of a continuous development of form accompanied by a complimentary and parallel unfolding of consciousness within the form. (Hodson)

Suggested Reading—

Hodson: The Kingdom of the Gods

Expansive Consciousness: An out-of-body state in which

personal identity remains intact with acute awareness of one's own being as an independent entity.

Extrasensory Perception (ESP): The knowledge of, awareness of, or response to, events, conditions, and situations, whether past, present, or future, independently of our known sensory mechanisms or processes. Among the common forms are telepathy, clairvoyance, precognition, and retrocognition, each of which can expand our world of awareness. Telepathy can expand our communication capacities, promote productive interactions, and provide information, often from a great distance, that's otherwise unavailable to us.

Clairvoyance can dramatically expand our world of awareness and perception of spatially distant realities, uncover critical sources of new knowledge and power. Precognition can provide advanced awareness allowing us to prepare for future events and, sometimes, to influence or prevent them altogether. While some future events seem to be unalterable destinies, others may be probabilities subject to our intervention. Through precognition we are empowered to eliminate negative probabilities while accentuating the positive. Given precognitive knowledge, we can generate a powerful expectancy of success that literally transforms probabilities into realities. We can literally create the future of our choice.

Dr. Joe H. Slate, working at Athens (Alabama) State University, shows an emerging body of evidence that ESP, rather than an unexplained extension of sensory perception, is a fine-tuned manifestation of the nonbiological or spiritual nature of our being, and includes interactions with spirit realm.

Final Frontier: The concept that we must develop consciousness-

raising psychic technology to facilitate our search for knowledge and understanding to continue our evolutionary journey beyond perceived physical limitations.

Focus: Both a verb and a noun, it is the directing, and projection, of consciousness onto a specific object, persona, idea, feeling, place, etc. It's like a searchlight focused on a single spot in the darkness to reveal what's there, or like an index finger pointing.

Fohat: The primary cosmic energy fundamental to the universe. Fohat manifests as universal physical forces: motion, gravity, electricity, magnetism, sound, heat, chemical reactions, radiation, etc. These physical forces are convertible, one into another.

Four Elemental Winds Exercise: A basic exercise consistent with that of the Magic Circle and the Qabalistic Cross that awakens and balances the elemental forces in your own psyche.

Fourth Dimension: (Astral) While time is called the fourth dimension in relativity physics, it is also a nonspatial addition to the physical three dimensions of space found on the astral plane, enabling a clairvoyant to see all three dimensions of an object at once.

Goals: In the absence of consciously determined goals, paranormal phenomena is spontaneous and haphazard. When goals are determined, paranormal energies and skills have direction and produce desired results.

God-Form: The ritual construction of an archetypal image and personality of a chosen deity out of astral substance, and its assumption by the ritualist to connect with the deific nature and power.

Great Secret: The "higher" always controls the "lower." What is magically created on the higher planes—causal, mental, and astral—will precipitate action on the next lower plane, and if so instructed through ritual and intention will manifest as physical

reality.

Great Work: The common name used in magickal orders and esoteric fraternities for their programs of growth and transformation that are, in fact, methods of accelerated evolution and mostly involve practical training in astral consciousness. This is the object of your incarnation and the meaning of your life. The Great Work is the program of growth to become all that you can be—which is the realization that you are a "god in the making." Within your being there is the seed of Divinity, and your job is to grow that into the whole person that is a child of God. It is a process that has continued from the Beginning and may have no ending but it is your purpose in life. It is that which gives meaning to your being.

In this new age, you are both teacher and student and you must accept responsibility for your own destiny. Time is of the essence! Older methods give way to new ones because the entire process of growth and self-development has to be accelerated. Humanity has created a time bomb that's ticking away, and only our own higher consciousness can save us from self-destruction. But—have faith and do the Great Work for it is all part of a Great Plan.

The Great Work is not denial and restriction but fulfillment. There's not just one narrow path, but many paths—one for each of us.

Suggested Reading—

Denning & Phillips: Foundations of High Magick

Greater Causal Body: The highest level of causal consciousness functioning as the permanent "soul" that continues from incarnation to incarnation, and is memory for human experiences. It is designated as 47:1 in the Cosmic Involution Scale.

Greater Causal Plane: The highest level of the causal plane, designated as 47:1 in the Cosmic Involution Scale.

Group Mind: The collective consciousness of a group or team of people working together on projects or studies. It may be a spontaneous function of a group of like-minded people or deliberately created by a magical group or a functional organization such as a business corporation or working partnership. It was part of the teachings of Napoleon Hill, author of Think and Grow Rich.

Haidit, Khaibit: (Egyptian) Literally, Shadow. That part of the soul attributed to Binah, Chesed, Geburah, and Tiphareth. One of the five bodies somewhat equivalent to the personal unconscious.

Heaven: The higher heaven is the causal plane and the lower heaven is the mental plane. Both provide blissful states to the soul between incarnations during which past-life experiences are transformed into wisdom. It's a time when creativity becomes perfected reality for the soul.

Hell: Hell is man-made. Some define it as the physical world. Some occult writers say that it is the lower levels of the astral world where fears and illusions will manifest to the newly deceased until those energies are exhausted, and the entity can move on.

Higher Self: The third aspect of personal consciousness, also known as the super-conscious mind. as the middle self, or conscious mind, takes conscious control of the lower self, or subconscious mind, the higher self becomes more directly involved in functioning of the personal consciousness.

Hypnagogic and **Hypnopompic:** These are the states between being awake and falling asleep, and being asleep and waking up. It is also called the borderland consciousness. It is during this

state of consciousness when we are most receptive to images, symbols, impressions, sounds, ideas, and feelings. It is also a state very receptive to intuition.

Hypnosis: An altered state of consciousness in which concentration is focused and receptivity to suggestion is heightened.

Icons: It is through symbols and images, and icons, that we open the doors of our inner perception. The great secrets of magicians, shamans, and modern scientists are in the associations they attach to such icons, and in the power of certain signs and formulae to function as circuits and pathways—not in the brain but in consciousness.

In-Body Travel: An OBEs practice exercise involving centering attention on isolated body parts and inducing new physical sensations.

Incarnate history: A record of one's past incarnations on this earth plane. Kirlian photography. See electrophotography.

Individuality: The permanent principle, the higher ego.

International Parapsychology Research Foundation (IPRF): Established at Athens State University in 1970 by Joe H. Slate, Ph.D., this foundation is committed to the study of parapsychology and related topics. It has conducted extensive research and established student scholarships in perpetuity at Athens State University and the University of Alabama. The president of the foundation is District Judge Sam Masdon of Montgomery AL. For more information, contact Joe H. Slate, Ph.D. at joehslate@aol.com

KA: (Egyptian) That part of the soul attributed to Netzach, Hod, and Yesod.

Kama: (Sanskrit) Emotional consciousness.

Khat: (Egyptian) The etheric double. Food, incense, oils, etc.,

were left in the tomb to prolong the existence of the KA. Attributed to Malkuth.

Khaba: (Egyptian) The astral body.

Khu: (Egyptian) The immortal part of the soul, the causal body. Attributed to Chokmah.

Kundalini: The life force rising from the base of the spine, the Muladhara chakra, and animating the body, our sexuality, the etheric body, and passing through the chakras to join with its opposite force descending through Sahasrara chakra to open our higher consciousness.

Kundalini manifests as a transforming force centered in the base chakra and operating within the body and driving evolution, desire, sex drive, growth and individual development. It exists on all planes in seven degrees of force.

Bringing astral experiences into conscious (physical brain) awareness requires some arousal of Kundalini and its movement through other chakras whether deliberately or spontaneously.

Suggested Reading—

Mumford: A Chakra & Kundalini Workbook: Psycho-Spiritual Techniques for Health, Rejuvenation, Psychic Powers & Spiritual Realization

Paulson: Kundalini and the Chakras: Evolution in this Lifetime—A Practical Guide

Leadbeater, C. W.: Famous Theosophical writer and clairvoyant. He and Annie Besant were together the primary successors to H. P. Blavatsky. His writings remain classic, well-worth serious study. However, the nomenclature is dated and largely replaced by that of Henry T. Laurency, whose works may be found on-line at www.laurency.com.

"Little System": A basic system of training and development,

mostly of the etheric double, for astral projection developed by Ophiel in his The Art & Practice of Astral Projection.

Living Light: The light that is characteristic of the astral and higher planes. It is this "Living Light" that is the foundation of the Cosmos itself and the source of Spirit or Akasha, the element from which all the other elements are derived. It gives meaning to the phrase "Let there be Light" that is the true beginning of all.

Lower Astral: The lower sub-planes of the astral plane with vibrations close to the physical level. It is the realm of ghosts, hauntings, and poltergeist phenomena.

Lower Self: The conscious mind and the subconscious mind, together, are the lower self.

Magic Circle Exercise: A basic practice in which a circle about the magician is formed by projecting and visualizing energy in a continuous line punctuated at the four quarters with the creation and visualization of pentagrams. The circle is both a defense against outside disturbances and a container of energies within.

Magical Mirror of the Universe: The Hermetic Order of the Golden Dawn described the aura "as an etheric structure filled with astral energies" and serving as the "magical mirror of the universe" in which all objects of perception and all inner activities of thought and feeling are reflected. In his most comprehensive book, Aura Energy for Health, Healing & Balance, Dr. Joe H. Slate outlined the multiple roles of the aura system:

- It is a highly complex system that generates energy and sustains us mentally, physically, and spiritually.
- It is a sensitive yet dynamic force that encodes the totality of our individuality and connects us to the cosmic origins of our existence.
- It is an evolving chronicle of our past, present, and future.

• It is an interactive link between our innermost self and the external environment, including the aura systems of others.

• It is a repository of abundant resources with potential to enrich our lives.

• It is an interactive phenomenon receptive to our intervention and empowerment efforts.

• At any given moment, it is a weather vane of our personal development.

• The more we learn about the aura, the better we understand ourselves.

In summary, the aura is your own personal mirror not only of health but of character, emotional strength, mentality, and spirituality. The aura can be strengthened, massaged, healed, enlarged, shaped, and charged with specific energies and energy forms for direct interaction with other entities.

Magickal Work: The foundation of magickal work is in accurate and detailed visualization of carefully constructed images and programs according to the nature of the higher plane where you are working. In most cases this means strongly visualized images on the astral plane charged with energy from physical and astral actions.

Materialization: A tangible representation of astral energy, in which thoughts, other intangibles, or, in some instances, distant tangibles assume a physical presence, often spontaneously.

Memory: The foundation of the conscious mind. What we don't remember slides into the subconscious mind where it not only remains available for recall but can act either for or against our best interests. Any experience loses its value if we cannot remember it.

Memory Library: The memorized images of interest to an individual that make up a particular aspect of his astral resources.

Each image is an icon (or thought form) that contains emotions as well as facts, historical reality as well as fantasies, actual stories and imagined ones, etc. The original photographs and illustrations themselves are auric signatures that include etheric and astral energies derived from all that has ever occurred to the place, thing or person photographed, and that will happen.

Mental Body: The fourth body. The mental body thinks in abstract rather than emotional form. The lower mental body unites with the astral and etheric bodies as the personality for current incarnation. The higher mental body is home to the Soul between incarnations.

Mental Imagery: The ability to visualize specific images is an acquired cognitive skill. Mental images are the language of the subconscious mind. Combining imagery with self-talk, you can successfully interact with your subconscious resources and even expand them. You can awaken your dormant resources and exercise them in ways that enrich your life with new potentials for growth and success. With the powers of your subconscious mind at your command through a combination of self-talk and imagery, literally nothing is impossible for you.

Through self-talk and mental imagery you can energize your biological systems and even influence brain activity to rejuvenate and recreate yourself. You can increase the length and quality of your life by protecting and fortifying your innermost energy system.

Mental Plane: The third plane up from the physical/etheric between the astral and the spiritual planes. It is the plane of abstract consciousness, where we find meaning, patterns, the laws of nature and mathematics, number, and form. It is the plane where all thought is shared. It is the upper home for the Akashic records shared with the astral.

Mind: The important distinction is that the mind is not a function of the brain, but that the brain is an instrument—like a computer—for the mind and consciousness to function through and access information about the physical world derived from the physical—and to a lesser extent—the subtle senses of the etheric double. While it is a common observation to say that we only use ten percent of our mental capacity, most people presume that it is the physical brain that is being so under-utilized. That's true, but mind is the operator and it is the lack of understanding and training of mind that is the culprit.

The expansion of awareness into the nonphysical dimensions through astral projection is a vital next step to the greater utilization of the mind, but training the thinking process along with the application of personal will are equally vital and must be part of each person's personal curriculum and become a growing part of the young person's educational system.

Mind is primary, not the physical brain. To quote biologist George Wald, "Mind, rather than emerging as a late outgrowth in the evolution of life, has existed always … the source and condition of physical reality."

Mind Power: Astral and other subtle powers applied to consciously directed projects. The mind is the organizer, manager, and director of such psychic powers as psychokinesis where material reality is changed.

Mirror Image: An induction procedure utilizing a mirror to facilitate astral disengagement from the biological body.

Moon View: An out-of-body experience preparatory exercise which involves focusing on the moon and imagining visiting it.

Multilocation: The capacity of consciousness in the out-of-body state to simultaneously engage itself in multiple realities. See

bilocation.

Near-Death Experiences (NDEs): Experiences in which death appears imminent, often accompanied by a sense of separation of consciousness from the biological body.

New Person: Recognition of the evolving person subsequent to the "Next Step"—which see. This new person has a mind "outside the brain," emotions beyond hormones, a physical body inclusive of subtle energies, and levels of being and consciousness that extend from the cellular to the spiritual and even "divine." As a "being of consciousness" (rather than just a body with a brain), we have divided the human psyche into subconscious, conscious, and superconscious minds along with soul and spirit, and all somehow connected to a collective unconscious and a universal consciousness shared with all other beings across time and space.

Next Step: Advancement, growth, development, expansion—all come about when we are willing to take the next step out of self-imposed and societal limitations. Whether we are concerned with astral projection, aura reading, psychic development, or advancements in career, education, innovations in science and technology, we have to jump over the fence, get out of the rut, break through the walls. Evolution results from the series of next steps that societies and individuals have taken and will take—for evolution is not just the past but even more the future. Without growth, without evolution, we are passé, in fact doomed like dinosaurs. What does this have to do with you? It is you, the individual, who is the vehicle of evolution. Unless you take the next step in your own life, growing in consciousness and psychic powers, you fail to lend your strength to our better future.

Psychic powers are not incidental to our evolutionary advancement; rather they are essential to the process.

Undertaking their conscious development accelerates personal growth at a most critical time in world history.

Astral projection is a vital contribution to this acceleration and to our ability to meet the challenges of this moment. Astral experiences ignite psychic development and the expansion of consciousness necessary for new knowledge and understanding of the cosmic adventure that is our origin and our destiny. The experience of astral consciousness is the next step, necessary to move forward, to make the transition into the real New Age that will be a reality for those willing to commit themselves to becoming more than they are.

OBE Conditioning Procedure: A five-step procedure for stimulating out-of-body travel during sleep.

OBE Interactions: Procedures that involve conscious interactions with astral and higher intelligences in the astral plane.

OBEs: See Out-of-body Experiences (OBEs).

OBEs Levitation: An induction procedure using sensations of physical weightlessness to facilitate astral disengagement.

Orgone: The universal life-force as conceived by Wilhelm Reich. Seemingly another name for odic force, prana, ether, mana.

Out-of-Body Aura Massage: In the PK Channeling strategy, the aura surrounding the physical body of the receiving subject is massaged. See PK Channeling.

Out-of-Body Clairvoyance: The psychic perception of present realities while in the out-of-body state.

Out-of-Body Experiences (OBEs): States of awareness in which one's extrabiological part as a conscious, intelligent entity disengages from one's physiology to experience reality independent of the biological body. See astral projection.

Reports of the out-of-body experience (OBE) commonly describe the phenomenon as enlightening, profound,

spectacular, and empowering. Out-of-body experiences—also called "astral projections" or "astral travels"—are states of awareness encompassing a conscious awareness of being in a spatial location away from the physical body. The out-of-body concept assumes a duality of human nature, and the existence of an extra-biological consciousness or astral double. OBEs further assume the capacity of the extra-biological to disengage the physical body, and in that disengaged or out-of-body state, to travel consciously to experience distant or other dimensional realities.

OBEs can occur both in the normal state of awareness and in altered states such as sleep, hypnosis, and meditation. The out-of-body state itself could be considered an altered state distinctly unlike other states of consciousness in that it is usually accompanied by a profound awareness of separateness from the physical body. Although sometimes described as dreamlike, OBEs appear to be expressions of the disengaged extra-biological state rather than simply the products of sleep. Furthermore, the OBE subject often chooses a destination and brings back clear, conscious recall of the experience.

Out-of-Body Precognition: The psychic perception of future events while in the out-of-body state.

Out-of-Body Psychokinesis, Out-of-body PK: The psychic capacity to influence matter while in the out-of-body state.

Out-of-Body Telepathy: Mind-to-mind communication while either sender or receiver, or both, are in the out-of-body state.

Out-of-One's-Own-Body-and-Into-the-Body-of-Another: An experimental program undertaken at Athens State University in Alabama in which partners in established relationship were able while out-of-body to enter into and share the body of the opposite partner.

Past-Life Ascent: A procedure that combines hypnosis and the out-of-body state to retrieve past-life experiences and glean empowering knowledge from them.

Past-Life Excursion: A procedure designed to spontaneously retrieve past-life experiences that are presently relevant.

Past-Life Regression: A technique involving hypnosis, self-hypnosis, or meditation to reexperience past-life events in order to resolve traumatic reactions, conflicts, reduce anxiety, recover lost memories and skills, and resolve certain recurring problems such as phobias, obsessions, and compulsions. Also to experience preexistence and life-between lifetimes.

Suggested Reading—

Andrews: How to Uncover Your Past Lives

Grimassi: The Cauldron of Memory: Retrieving Ancestral Knowledge & Wisdom

Slate: Doors to Past Lives & Lives Between Lives

Webster: Practical Guide to Past Life Memories: Twelve Proven Methods

Pathworking: Procedures involving moving meditation, often in guided programs of astral travel, most often derived from the Qabalistic Tree of Life and providing psychic journeys along particular paths connecting two stations (Sephiroth) containing vast astral resources. The pathworking experiences are condensations of universal experience and knowledge that awaken actual memories that are both personal and universal, and that access all that may be knowable.

Personal Exposé: A strategy designed to activate out-of-body precognition by focusing on the internal sources of precognitive awareness.

Personality: The immediate vehicle of personal consciousness we believe to be ourselves. It is a temporary complex drawn from

the etheric, astral, and mental bodies containing current life memories, the current operating system, "the totality of somebody's attitudes, interests, behavioral patterns, emotional responses, social roles, and other individual traits that endure over long periods of time."* (*Encarta on-line dictionary Copyright © 2008 Microsoft Corporation)

The personality is only one chapter in the full biography of the evolving Soul. Each chapter is analyzed and abstracted to secure the essential lessons and experiences of the personality's entire lifetime, while the memories of that lifetime flow into the subconscious mind and become part of the universal consciousness providing a complete history of the Soul's many lifetimes.

In between lives, the Soul absorbs lessons from the many successive personalities filling his or her biography, and thus evolves. From that now greater perspective, the Soul outlines a new chapter and sends part of his essence into incarnation to gain new experiences that will become new lessons for the evolving Soul. It is somewhat as if a mature adult could have planned the years of his childhood to get the right experiences and education for the professional life he has chosen.

Physical/Etheric Body: When awake, the physical and etheric bodies are inseparable, although an adept is able to project parts of the etheric body in magical operations. Asleep, it is possible to partially separate the etheric body from the physical for travel on the physical plane.

Physical Plane: The material plane of matter and energy as objective reality, and the end product of creation.

PK: See psychokinesis (PK).

PK Channeling: An out-of-body procedure designed to access the healing resources of higher planes and transfer them to the

physical body.

PK Interactions: PK and other psychic faculties are energized by the out-of-body state. When goals are formulated prior to OBE induction, the PK faculty is free of physiological constraints, PK energies are concentrated and focused for goal accomplishments, such as healing or rejuvenation, career enhancement, strengthening natural immunity, etc.

PK Pool of Power: A procedure designed to promote health and fitness through out-of-body psychokinesis.

Practice: We are reminded by such phrases as "practice makes perfect" or "practice, practice, practice" that practice is indeed the foundation principle to all training whether physical or astral or beyond. Practice builds muscles, trains the senses, the memory, and the imagination, establishes channels for forces and energies, and creates the psychic structure of the individual personality.

Prana: Chi, the force, the power. The universal life-force flowing throughout the universe, and locally emanating from the sun as vitality absorbed from the air we breathe and the food we eat. It can be visualized as flowing into the body as you inhale, and then distributed throughout the body as you exhale.

Prana is also considered as one of the seven elements: Prana, Manas (mind), Ether, Fire, Air, Water, and Earth, corresponding to seven regions of the universe. In Hebrew Kabbalism, Nephesh (the Psyche) is Prana combined with Kama (love), together making the vital spark that is the "breath of life."

Precognition: The psychic awareness of the future, including knowledge of events, trends, and conditions. Like other mental faculties, the ability to perceive the future independently of presently known predictive circumstances exists to some degree in everyone.

Some believe that events yet to occur already exist in a fixed, unalterable form. Another view assumes that the future exists only in varying degrees of probabilities, ever dependent on past and present realities including human intervention.

Each view related to the fixedness of the future assumes the existence of time as an energy dimension within a continuum of the past, present, and future. From that perspective, personal consciousness, likewise an energy phenomenon, is endowed with the capacity to interact with that dimension to generate a mind/future interaction that not only perceives the future but influences it as well. In today's complex world, the precognitive challenge thus becomes twofold: to develop our precognitive powers to their peaks and use them to bring forth desired change.

By developing our capacity to interact with the continuum of time, we become empowered not only to access the future through precognition but also to dip into the past through retrocognition. While the past exists in unalterable or fixed form, increased knowledge of that dimension can alter our perceptions of the present and empower us to more effectively shape the future.

Dr. Joe Slate writes: "For instance, personal growth blockages including phobias and conflicts of past-life origin can be resolved, often instantly, through the retrocognitive retrieval of relevant past-life experiences. On a broader scale, awareness of the sources of global problems ranging from disease to environmental pollution can be essential to the correction of causative conditions. Once you're attuned to the continuum of time, your retrocognitive and precognitive potentials will become activated to work hand-in-hand to empower you as never before to increase the quality your life while contributing to a better world." (Slate, J. & Weschcke,

C.: Psychic Empowerment: Tools & Techniques)

Accepting this interdependent view of time opens considerable speculation regarding interdimensional interaction through our psychic faculties such as telepathy with its capacity to send and receive thought messages with relevance to future happenings. An even more challenging possibility is the capacity to actually influence distant causative happenings through psychokinesis (PK).

Precognition, as an enriched extension of sensory perception, is an expression of our innate ability to perceive the future psychically. In its voluntarily induced form, precognitive awareness is activated deliberately through certain procedures and techniques, some of which were developed in the controlled laboratory setting at Athens State University under the auspices of the International Parapsychology Research Foundation. (See Slate, J. H. & Weschcke, C. L.: The Llewellyn Complete Book of Psychic Empowerment for details.)

Principle of Cumulative Effects: The view that we are, at any given moment, the totality of all our previous personal experiences.

Psychic Body: Generally conceived as the etheric and astral bodies together.

Psychokinesis (PK): The ability of the mind to influence objects, events, and processes in the apparent absence of intervening physical energy or intermediary instrumentation. An extended definition of PK includes its capacity to influence internal biological systems. The movement of objects without physical contact.

Purgatory: The three lower sub-planes of the astral world in which the emotional consciousness is slowly purged (purified) of

self-inflicted judgments and suffering—much of which originates in religious illusions as in the "hell and damnation" preaching of Christian evangelists. Neither Hell nor Purgatory has any objective existence but are nevertheless subjectively real to the sufferer until he or she can free themselves of these illusions.

Qabalistic Cross Exercise: An important Western system to awaken particular psychic centers (chakras) and establish channels of force between them.

Quantum Foam: A concept in quantum physics descriptive of extremely primitive sub-atomic matter and a possible source of zero-point energy.

Quantum Theory: The new science of quantum theory tells us that the beginning is (not just was but still is) the Universal Field of Possibilities that manifests first as energy/matter under the guidance of packets of information/instruction. Thus we can see an analogy with a computer with its operating program and its application programs.

Reality: The personal world as seen through our belief system. While it mostly coincides with that of other people, self-analysis will show deviations and distortions reflecting the 'feelings' of the person. See Consensus Reality.

Reincarnation: The belief that the Soul experiences multiple lives through newly born physical bodies and personalities. Upon death of the physical body, the personality withdraws to the astral and then the mental plane, while the essential lessons of that incarnation are abstracted to the Soul.

Suggested Reading—

Slate: Beyond Reincarnation, Experience your Past Lives & Lives Between Lives

Reincarnation Reversal: A past-life role, characteristic, or activity

that is reversed in a later life.

Remote-image Phenomenon: In electrophotography, a point or small cluster occurring in a remote area outside the normal region of corona-discharge activity.

Remote Viewing: Viewing at a distance by psychic means. The debate continues whether this is a form of astral projection, or simple clairvoyance. In recent times, it was a product of the Cold War and research was financed by the CIA. However as "distant clairvoyance," it has a long history of psychic spying on enemy plans and movements over thousands of years.

Repercussion: During astral, and more particularly, etheric projection, an injury to the projected subtle body can repercuss back to injure the physical body. This includes not only possible psychic injury but damage done by certain metals including iron and silver. If a weapon of those metals is driven through the center of the projected body, i.e. the heart area, it can cause death. See Etheric revenants (vampires) and Etheric Projection (werewolves).

Ritual: Ritual—disassociated from religious images and concepts—is simply a formula of actions to be taken to give an imagined goal emotional energy along with direction of its manifestation. These actions are taken on the physical as well as mental and astral planes.

Rule of Law: The core principle at the base of modern civilization.

Sahu: (Egyptian) The spiritual body, the highest of the five bodies of a human being.

Self-Analysis: The necessary self-examination enabling conscious life planning, now and for future lives.

Sex Magick: Sex magick is the whole thing—the persisted application of all that has been learned and gained as skills in the

training of Alphaism, Dianism, Qodosh, the exercise of the magickal imagination, the memorization of correspondences, the learning of concentration and visualization, and the glory of union.

For I am divided for love's sake, for the chance of union.

What is "Sex Magick?"

Hey, Baby, want to get together and do some Sex Magick?

NO!

At least, I hope she says "no" to that proposition because what he's after is not what we call "sex magick." Nor are we proposing "the magic of sex." And to clarify, romance and relationship are not fundamental to sex magick. You will find out why as we progress in this discussion.

Every man thinks he's an expert on sex, and most women know that he's not. He does know how to make babies, but he doesn't necessarily know how to make love, or to make magic. Women instinctively know how to make magic but both men and women need to learn sex magick.

The simple truth is that men simply get an itch in their penis, and want it scratched—preferably by a woman. Women yearn for something more complex: they want to be attractive and desirable; gathering men like honey gathers flies. They want to feel adored and they want to know that they cause a man to have an erection and desire sex. And they want romance and intimacy, to feel that they are the only one in his life. They want to be held and kissed, and to have lots of slow foreplay.

Magick is powered by energy-in-motion, i.e. e-motion. Sex itself is a powerful method of raising energy, and when guided by will toward an established goal, it becomes magical. Sex accompanied by romance and love, and expertly directed to mutual pleasuring is that energy multiplied many times. Sex magick employs the energies of sex in an established

technology specific to several cultures. In India it is a subset of Tantra, in China it is part of the same alchemy found in the martial arts, in the Middle East it was part of the mystical practices of the Sufi, and in the west it is mostly a subset of ceremonial magick.

Long a "man's game," sex magick has been liberated and today we see that women's pleasure is the key, and orgasm is not the biggest part of it. Prolonged intercourse, with or without her orgasm, is vital to create the energy field needed for the transformation of consciousness fundamental to sex magick. Women are the engines that power-up the field whereas men are just the mechanics and the best of them learn how to carefully manage the process while she just swoons in enjoyment.

Every woman should feel herself as a goddess incarnate in the lead-up to sex, during sex, and after sex. The man's role as a god is a secret—else his ego inflates and robs the mission. She should become filled with energy, but her energy is "magnetic" while his is "electric." They should both enter into the borderland state of consciousness where there is only pleasure but no climax, and hold that state for two or more hours. When the moment is right, her magnetism should simple draw his electricity into her person, body and soul, with or without his sperm, which is of no particular interest to the sex magick operation.

And when the "moment" comes, he projects his special intention, the magickal goal of the operation, right along with his electricity and semen. His role is primarily that of the Magician who projects the imaged goal with the release of his power into her. She receives, transmutes, and makes it happen in dimensions beyond the physical and mostly beyond her awareness. Some women claim to know when they're

impregnated, but it's not likely and not necessary. Instead of a physical child, here there is a "magickal childe."

In Giving and Receiving there is Magick, and Love.

Yes, all this does require preparation, discipline, and restraint. And the importance of preparation precedes foreplay and should include the planning and execution of drama to elevate the feeling of importance of the ritual and the roles of the players. Sex Magick evolves from dramatic ritual with the staging of place, costuming, incense or aromatic oils, soft lighting, music possibly romantic or with a stimulating bass beat, and possibly a non-intrusive script leading to awareness of the intended result.

Orgasm itself produces an altered state of consciousness, and that consciousness is—for that moment at least—in the astral. The feeling of bliss and connection to the universe is sometimes called "cosmic consciousness," although that phrase is otherwise used to express the goal of evolution, of meditation, and of spiritual attainment.

It is possible to grasp that moment of astral consciousness and extend it into astral travel, and sometimes for both partners to have that together.

In this case of a magickal curriculum, it is the knowledge and conversation with the Holy Guardian Angel. It can be the objective for either partner, or both.

It calls upon the magickal imagination to see the partner as god or goddess, or as Holy Guardian Angel. What does the god or goddess or Holy Guardian Angel look like? Do they move? Do they speak? Some answers can be found in reference works in religion and mythology, while others will arise from your subconsciousness.

Do what thou Wilt. Love is the Law; Love under Will.

In your planning, let awareness of pleasure and arousal be

your guide. Don't neglect the possible role of fantasy role playing and fetishes in costuming. Goddesses wear anything they want, and what they want includes knowing and witnessing the arousal and lust of their partner. The challenge remains the required discipline and restraint, especially on the part of the man so that you can remain engaged for two or more hours. Even though the emphasis in a sex magick operation does not call for the partners to be an established couple, knowledge and understanding of each other's needs and 'turn-ons' is helpful in holding the man back from orgasm and leading the woman to the edge, and then pushing that edge beyond previous limits. The edge should not be a cliff to fall down but the start of a spiral upward to heaven. An important side note: fantasies and fetishes should be her choices, not his. We have been conditioned to think that only men have fetishes and sexual fantasies, but that's not accurate. Hers are more subjective and his more objective, but in sex magick it is "She who must be obeyed." An important book is She Comes First, by Ian Kerner.

See yourselves enjoying the extended bliss of the borderland state rather than the immediacy of satisfaction. Make love for an eternity! You will find that extended bliss is healthful, will rejuvenate you; will lower blood pressure, bathing your inner bodies with health-giving energies and secretions.

Love is the Law.

Suggested Reading—

Kerner: She Comes First: The Thinking Man's Guide to Pleasuring a Woman, 2004, Collins.

Kraig: Modern Sex Magick: Secrets of Erotic Spirituality

Sexual Interchange Program: An OBE procedure used in

couples therapy involving temporary gender reversal. It is often effective in strengthening intimate relationships and overcoming barriers to sexual fulfillment through enhanced understanding of the opposite gender's needs and desires.

Silver Cord: An energy system connecting the astral body to the biological body during the out-of-body state.

Simulacrum: An image used in sympathetic magick that is the astral double of the thing represented. Also the visualized body of light used in astral projection.

Sleep State: The natural sleep state is believed to be conducive to both spontaneous and planned out-of-body travel because the physical body is relaxed and usually in a comfortable and quiet environment. There is some agreement that sleep itself is a passive and unconscious out-of-body state, and that dreams are sometimes OBEs. If goals are set before falling asleep, then there is often an answering experience.

Soul: The soul is not your personality, but the personality is a transient manifestation of soul during a lifetime. The soul is the absolute ultimate and immortal essence of who you are. The eternal part of the human being, attributed to Chesed, Geburah, Tiphareth, Netzach, Hod, and Yesod.

Spirit: Used variously to (1) identify the spiritual body, or Soul; (2) the essence of the deceased person in communication with the living or appearing as a "ghost"; (3) the "collective" of etheric, astral, mental and spirit bodies other than the physical; (4) entities from other dimensions or planets channeling to humans; (5) non-human inhabitants of the astral plane; (6) a collective term for nonindividual spiritual power and intelligence, probably an aspect of the Collective Unconscious or Universal Consciousness; (7) the fifth element from which the lower four—Fire, Air, Water, and Earth are derived. In addition,

there is the 'Holy Spirit' which may be the primal consciousness or matrix that can be activated by prayer or other affirmative thoughts; that part of the human being attributed to Kether, Chokmah and Binah.

Spirit Body: In the hierarchy of subtle bodies, Spirit is higher than mental, astral, etheric, and physical. There is lack of specific definition, but it could be that the Spirit body is first in the process of the descent of the Soul into physical incarnation. In this scheme, the Soul creates the Spirit body, which then serves as a kind of matrix for the mental body formed of mental "substance," then the astral body of astral substance, etc.

Spirit Guide: An entity manifesting on the astral or mental plane exhibiting high intelligence and wisdom with a personal interest in the welfare of the individual experiencing the more or less constant presence of the guide.

Suggested Reading—

Andrews: How to Meet and Work with Spirit Guides

Webster: Spirit Guides & Angel Guardians, Contact Your Invisible Helpers

Spirit World: The nonphysical world. The subconscious is, in fact, in continuous interaction with the higher realms of power to meet your empowerment needs, including protection in time of danger, comfort in times of grief, and hope in times of despair. Through your connection to the spirit realm, you will experience the full beauty and power of your existence—past, present, and future—as an evolving Soul.

Substance: Everything is made of "substance," even thoughts and feelings, but there are many levels of substance existing at different rates of vibration. There is physical substance, etheric substance, astral, mental, spiritual, etc. Every level of existence has substance, energy, and consciousness. The human psyche is

able to operate on many but not all levels.

Tantra: A very sophisticated and extensive system of ancient Indian Occultism from which many Eastern and Western practices are derived. Nevertheless, it has become most identified with (1) the Chakra system, (2) Kundalini, and (3) Sexual practices involving (a) extended intercourse, (b) complex positions and practices once considered deviant such as anal intercourse, oral intercourse and the consumption of an elixir compounded of the masculine and feminine fluids sucked from the vagina after intercourse and shared by the two lovers, and (4) Worship of the partners, particularly the female, as the embodiment of Goddess and God.

Other occult principles and practices taken from Tantra include the Tattvas (the five basic elements and the twenty-five compounds visualized in meditation for psychic effects), Yantras (complex geometric diagrams of energy circuitry visualized in meditation for psychic effects), Mantras (chanting of sacred words and names in meditation for psychic effects), Yoga Nidra (visualizations of psychic energy movements within the body during meditation), and other esoteric practices.

Suggested Reading—

Mumford: A Chakra & Kundalini Workbook, Psycho-Spiritual Techniques for Health, Rejuvenation, Psychic Powers & Spiritual Realization

Mumford: Yoga Nidra Meditation, Chakra Theory & Visualization—audio CD with instruction booklet

Tattwa: (or Tattva) The five qualities or elements: Spirit, Fire, Air, Water, Earth. They are represented by five colored geometric used for meditation and as astral gateways. In addition, the five primary symbols are used to construct twenty-five compound

symbols by placing a smaller image within a larger one to represent the general complexity of manifest life and form. The colors and shapes along with their Hindu names are:

Spirit	Akasha	Black
Air	Vayu	Blue
Fire	Tejas	Red
Water	Apas	Silver
Earth	Prithivi	Yellow

Telepathy: Mind-to-mind communication.

Third Eye: A mental faculty associated with clairvoyance, connected to the sixth chakra, located at the center of the forehead.

Thought: Astral and mental collections expressed mostly in words to represent a particular opinion, intention, or plan of action. We think thoughts. We feel emotions.

Thought Form: (1) An astral image created by concentrated thought intended to accomplish a specified objective. When reinforced with emotion and charged with etheric energy, it will become physically manifest. (2) A spontaneous image created in the imagination that is charged with emotional energy. Either is perceived by a clairvoyant and is felt by ordinary people with some degree of psychic sensitivity. A carefully constructed mental image that is charged with emotional energy can become a manipulative tool used in product marketing, political action, and religious domination.

Suggested Reading—

Ashcroft-Nowicki & Brennan: Magical Use of Thought Forms, a Proven System of Mental & Spiritual Empowerment

"To Become More than You are": A phrase used to establish the goal of growth through psychic development and various psychological, esoteric, and spiritual technologies to become the whole person of our evolutionary destiny.

Transitional Travel: An OBE technique designed to facilitate predetermined goals during sleep.

Tratak: An intense and most efficient form of visualization training in which one stares at an object, without blinking, for as long as possible. Then, either with the eyes closed, or focused on a bland white background, an after-image of the object will appear to float in space in front of the viewer. As a training program it is best to start with simple, colored, geometric shapes such as Tattwas—which see.

Triangle of Causation: A visual formula for the creation of a thought form.

Ultimate Reality: Consciousness.

Vehicle: An alternate word for "body" to express the concept that "we are not the body" but only use it as a temporary "vehicle" of action and expression.

Vibration: Everything that exists "vibrates." And our perceptions are uniquely tuned in to specific ranges of vibration that we sense with our appropriate organs—physical as well as psychic—although these psychic organs are different in structure and nature than the physical ones. Nevertheless, some psychic perceptions combine the physical organ with one of the chakras—which we can call "psychic" or etheric organs.

"Vibration" refers to movement and "vibrations" are measured by their frequency per second. Touch, sound, odor, taste, and sight are each characterized by particular ranges of vibrations and all phenomena perceived by these senses occur within defined ranges of vibration.

Zero Point Field: (Quantum Theory) The "lowest" point in physical existence where even motion ceases and everything is potential rather than manifest.

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